



**October 2018
Hot/Chilled Meal Plan**

Menu is subject to change without notice

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|---|---|--|
| 1 HOLIDAY DELIVERY Egg Patty Veggie Sausage Patty English Muffin Collard Greens Pl. Greek Yogurt Yogurt Muffin Margarine Baby Carrots Fruit Juice Fresh Fruit/ Milk | 2 Chicken/Fish Paella Succotash Peanut Butter Jelly Ls/Db Diet Jelly WW Bread Cucumber Salad Pineapple Tidbits Fresh Fruit Milk | 3 Spaghetti with Meat Sauce Corn Capri Veg. Blend Cottage Cheese Cream Cheese Bagel Tropical Fruit Fresh Fruit Milk | 4 Baked Chicken Breast/Jerk Sce. Cheesy Rice Mixed Vegetables Tuna Salad WW Bread Potato Salad Gelatin <u>Ls/Db Diet Gelatin</u> Raisins Fresh Fruit Milk | 5 Beef Burgundy Oven Rst Medley Potatoes Green Beans Egg Salad WW Bread Edamame & Corn Salad Fresh Fruit Tropical Fruit Milk | 6 Baked Chicken Breast/Garlic Herb Sweet Potatoes Green Peas Swiss Cheese WW Bread Mayo Coleslaw Fruit Juice Fresh Fruit Milk | 7 LS Turkey Breast/ Poultry Gravy Yukon Potatoes Garden Veggie Blend Chicken Salad WW Bread Mayo Corn O'Brien Sld. Fruit Juice Fresh Fruit Milk |
| 8 COLUMBUS DAY HOLIDAY Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend Plain Greek Yogurt Plain Oatmeal Muffin Margarine Raisins Fresh Fruit Milk | 9 Bourbon BBQ Beef Sweet Potatoes Green Beans Cheddar Cheese WW Bread Mayo Tossed Salad/ Drsg Fresh Fruit Mango Chunks Pudding <u>Db/Ls- diet pudding</u> Milk | 10 Flounder/Lemon Caper Sauce Couscous Green Peas Country Veg. Blend Hard Ckd. Eggs Bagel Cream Cheese Muffin Coleslaw Fruit Juice Fresh Fruit Milk | 11 Turkey Meatball/ Mushroom Poultry Gravy Mashed Potatoes Spinach Cranberry Chicken Salad WW Bread Ca. Veg. Salad Tropical Fruit Fresh Fruit Milk | 12 Tandoori Chicken Curried Lentils Ca. Veggie Blend Peanut Butter Jelly WW Bread Carrot Raisin Salad Fresh Fruit Fruit Juice Milk | 13 Pork Chili Verde Brown Rice Sliced Carrots Green Peas Tuna Salad WW Bread Corn O'Brien Salad Fruit Cocktail Fresh Fruit Milk | 14 Thai Chicken Curry Jasmine Rice Broccoli Cauliflower Egg Salad WW Bread Potato Salad Pineapple Tidbits Fresh Fruit Milk |
| 15 Vegetable Frittata Lentils Provencal Capri Veg. Blend | 16 Chicken A La King Egg Noodles WK Corn/Pepper Broccoli | 17 Guatemalan Beef Stew Brown Rice Ca. Veggie Blend | 18 Baked Chicken/ Honey Balsamic Sc O'Brien Potatoes Spinach | 19 Salmon Patty/Dill Sauce Sweet Potatoes Mixed Veggies | 20 Diced Pork/Cherry Sauce Yukon Potatoes Green Peas | 21 Beef Stroganoff Egg Noodles Green Beans Cauliflower |



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| <p>15 Monday PI. Greek Yogurt Oatmeal Muffin Margarine 5 Bean Salad Gelatin <u>(Db/Ls – diet gel.)</u> Fresh Fruit/ Prunes/ Milk</p> | <p>16 Tuesday Swiss Cheese WW Bread Mayo Lentil Carrot Salad Fruit Juice Fresh Fruit Milk</p> | <p>17 Wednesday Peanut Butter Jelly (Db/Ls-diet) WW Bread Tossed Salad/ Dressing Tropical Fruit Fresh Fruit Milk</p> | <p>18 Thursday Cottage Cheese Muffin Margarine Coleslaw Pineapple Tidbits Fresh Fruit Milk</p> | <p>19 Friday Egg Salad WW Bread Chickpea Salad Sliced Apples Fresh Fruit Milk</p> | <p>20 Saturday Chicken Salad WW Bread Caesar Salad/ Dressing Raisins Fresh Fruit Milk</p> | <p>21 Sunday Hard Ckd Eggs Bagel Cream Cheese Potato Salad Fruit Juice Fresh Fruit Milk</p> |
| <p>22 Cuban Veggie Patty Plantains Mixed Veggie PI. Greek Yogurt Oatmeal Muffin Margarine Spinach Salad/ Ranch Dressing Peaches Fresh Fruit/ Milk</p> | <p>23 Diced Chicken/ Pesto Sauce Fettuccini Green Peas Tuscany Veg Blend Peanut Butter Jelly WW Bread Butter Raisins Fresh Fruit Milk</p> | <p>24 Stuffed Salmon/ Garlic Herb Sauce Butternut Squash Edamame Chicken Salad WW Bread Spinach Sld/Drsg. Pineapple Tidbits Fresh Fruit Milk</p> | <p>25 BBQ Pork Rib Patty Sweet Potatoes Swiss Chard Tuna Salad WW Bread Lentil Carrot Sld. Pudding <u>(LS/DB:Diet Pud.)</u> Fruit Juice Fresh Fruit/ Milk</p> | <p>26 Salisbury Steak Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend Hard Cooked Eggs WW Bread Mayo Fresh Fruit Apple Sauce/ Milk</p> | <p>27 Baked Cod Loin/ Vera Cruz Sauce Herbed Rice Spinach Corn Swiss Cheese WW Bread Mayo Carrot Raisin Salad Fruit Juice Fresh Fruit./ Milk</p> | <p>28 Chicken Enchiladas Ranch Beans Summer Veggie Blend Egg Salad WW Bread Five Bean Salad Prunes Fresh Fruit Milk</p> |
| <p>29 Cheese Tortellini/ Cheese Sauce Capri Veggie blend Swiss Chard PI. Greek Yogurt Oatmeal Muffin Margarine Prunes Fresh Fruit/ Milk</p> | <p>30 Corned Beef Cabbage Parslied Potatoes Diced Carrots Hard Ckd Eggs Bagel/ CR. Cheese Tossed Salad/ Drg Gelatin <u>(Ls/Db diet</u> <u>Gelatin)</u> Fruit Juice Fresh Fruit/ Milk</p> | <p>31 Chicken Shawarma/ Creamy Yog Sce. O'Brien Potatoes Garden Veg. Bld Hummus Pita Bread Tom. Cucumber Sld Tropical Fruit Margarine Fresh Fruit/ Milk</p> | <p align="center">What do these meals have in common? Scrambled Eggs with O'Brien potatoes...Macaroni & Cheese... 3-Bean Chili Frittata with Lentils...Gnocchi Alfredo with Broccoli...Tortellini with Pesto Sauce Cheese Enchiladas...English Muffin, Egg Patty, Veg-Sausage Patty, and Cheese</p> <p>Many of these meals are likely on everyone's list of favorites – in addition, they are some of the nutritionally balanced, vegetarian meals along with plant based proteins, vegetables and whole grains that Meals on Wheels includes in its monthly menu, in particular on Meatless Mondays.</p> <p>There are many benefits to vegetarian meals, whether it is once a week or daily. According to the Academy of Nutrition & Dietetics, appropriately planned vegetarian meals may provide health promoting benefits and disease prevention that includes lowering weight, LDL cholesterol, high blood pressure, risk of cancer, type 2 diabetes, and cardiovascular disease.</p> <p align="right">MOW Nutrition Department</p> | | | |
| <p align="center">MOW would like to thank the Office on the Aging of the City and County of San Francisco for their generous support of our program</p> | | | | | | |