



**March 2019
Hot/ Chilled Meal Plan**

**Menu is subject to change without notice
All meals include a napkin and beverage mix**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p align="center">TAKE CONTROL OF DIABETES</p> <p>The Meals on Wheels Nutrition Team will be conducting a diabetes workshop WHEN: Wednesdays only from March 6 to April 10, 2019 TIME: 10:00 am to Noon WHERE: ARLINGTON HOTEL, MEZZANINE MEETING ROOM</p> <p>The workshop is open to all who are interested: whether you are newly diagnosed, pre-diabetic, have been managing diabetes for years, or a caregiver to a diabetic.</p> <p>This no-cost, Diabetes Empowerment Education Program (DEEP) is a licensed diabetes self-management education class developed by the University of Illinois, Chicago. This one class per week for six-weeks program covers topics that include diabetes risk factors, complications, nutrition, physical activity and use of glucose meter. It has fun-filled activities and giveaways. Refreshments will be served. Call Gladys or Diane at 415 920 1111 if you have any question.</p>				<p>1 Baked Chicken Breast/ Pesto Sauce Rice Pilaf Ca. Veg. Blend</p> <p>Egg Salad WW Bread Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p>2 Diced Pork/Red Mole Sauce Sp. Rice/Beans Fiesta Veg. Blend</p> <p>Cottage Cheese WG Blueberry Muffin Carrot Lentil Salad Gelatin Db/Ls – Diet Gel Pineapple Tidbits Fresh Fruit Milk</p>	<p>3 Guinness Beef Yukon Potatoes Green Peas Baby Carrots</p> <p>Breakfast Burrito Swiss Cheese Tropical Fruit</p> <p>Muffin Margarine Fresh Fruit Milk</p>
<p>4 Veg. Enchilada Bake Garden Veg Blend Spinach</p> <p>Greek Yogurt Oatmeal WW Bran Muffin Margarine Corn and Bean Salad Fruit Cocktail Fresh Fruit/ Milk</p>	<p>5 Diced Chicken/ Thai Curry Coco Sc Rice WK Corn Oriental Veg. Blend</p> <p>Cottage Cheese Bagel Cream Cheese Pineapple Tidbits Fresh Fruit Milk</p>	<p>6 Greek Pastitsio Italian Veg. Blend</p> <p>Egg Salad WW bread Tom/Cucumber Salad Fruit Juice Fresh Fruit Milk</p>	<p>7 Diced Pork/ White BBQ Sauce Sweet Potatoes Collard Greens</p> <p>Chicken Salad WW Bread Broccoli/Cauliflower Salad Raisins Fresh Fruit Milk</p>	<p>8. Pot. Crusted Fish /Salvadorian Sauce Couscous Broccoli Peanut Butter X 3 Jelly X 2 Db/Ls – Diet Jelly WW Bread Tuscan Bean Salad Fruit Cocktail Pudding Db/Ls – Diet Pudding Fresh Fruit/ Milk</p>	<p>9 Meatloaf/ Brown Gravy Yukon Potatoes Diced Carrots</p> <p>Swiss Cheese WW Bread Mayo Corn & Lentil Salad Fruit Juice Fresh Fruit Milk</p>	<p>10 Baked Chicken Breast with Shitake Sauce Curried Lentils Country Veg Blend</p> <p>Tuna Salad WW Bread Carrot Raisin Salad Tropical Fruit Fresh Fruit Milk</p>
<p>11 Mixed Bean Chili Cornbread Collard Greens</p>	<p>12 Baked Chicken Breast Mango BBQ Sauce Sweet Potatoes Mixed Veggies</p>	<p>13 Triple Stack Lasagna Beef Meat Sauce WK Corn Green Beans</p>	<p>14 Beef Brisket/Brown Gravy Yukon Potatoes Capri Veg. blend</p>	<p>15 Salmon Patty/ Spiced Pear Chutney Herbed Rice Spinach</p>	<p>16 Baked Chicken/ Lemon Caper Sauce O'Brien Potatoes Winter Veggies</p>	<p>17 Diced Pork/ Sesame Sauce Brown Rice Diced Carrots</p>

Our menu meets 2/3 dietary reference intake(DRI) for all target nutrients except for Vit. D & Potassium. MOW dietitians will provide nutrition education handout to ensure you are meeting your daily Vit. D and potassium needs. 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.

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<p>11 Monday Greek Yogurt Oatmeal Corn Carrot Salad Tropical Fruit Peaches Milk</p>	<p>12 Tuesday Swiss Cheese WW Bread Mayo 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>13 Wednesday Hard Ckd Eggs X3 WW Bread Mayo Herbed Potato Salad Raisins Fresh Fruit Milk</p>	<p>14 Thursday Chicken Salad Pita Bread Lentil and Carrot Sld Mandarin Oranges Fresh Fruit Milk</p>	<p>15 Friday Cheddar Cheese WW Bread Mayo Tuscan Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>16 Saturday Egg Salad WW Bread German Coleslaw Gelatin <u>(Db/Ls (diet gelatin))</u> Fresh Fruit Pineapple Tidbits Milk</p>	<p>17 Sunday Peanut Butter X 3 Jelly X 2 <u>Db/Ls – diet jelly</u> WW Bread Cucumber Salad Fruit Juice Fresh Fruit Milk</p>
<p>18 Cheesy Bake Green Beans Greek Yogurt Oatmeal Muffin Margarine Edamame Corn Salad Fresh Fruit X 2 Milk</p>	<p>19 Baked Chicken/ Ranchero Sauce Scalloped Potatoes Ca. Veg. Blend Peanut Butter X3 Jelly X 2 <u>Db/Ls – Diet Jelly</u> 3 Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>20 Beef Stew w/ Root Vegetables Parslied Potatoes Mixed Veggies Chicken Salad WW Bread Carrot Raisin Salad Fruit Juice Fresh Fruit Milk</p>	<p>21 Pork Chile Verde Brown Rice Country Veg. Blend Cottage Cheese WW Bran Muffin Margarine Corn Lentil Salad Tropical Fruit Fresh Fruit Milk</p>	<p>22 Cod Loin/Lemon Butter Sauce Herbed Rice Waxed Beans Egg Salad WW Bread Chickpea Salad Raisins Fresh Fruit Milk</p>	<p>23 Salisbury Steak/ Brown Gravy Yukon Potatoes Collard Greens Swiss Cheese WW Bread Mayo Coleslaw Fresh Fruit Fruit Juice Milk</p>	<p>24 Chicken with Basil Alfredo Sauce Penne Pasta Green Peas Diced Carrots Asian Tuna Salad Hawaiian Mac Salad Crackers Pineapple Tidbits Fresh Fruit/ Milk</p>
<p>25 Veggie Frittata O'Brien Potatoes Tropical Fruit Greek Yogurt Oatmeal WG Blueberry Muffin Margarine Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>26 Diced Pork/ Apricot Honey Sauce Sweet Potatoes Spinach Swiss Cheese WW bread Mayo Kidney Bean Salad Fruit Juice Fresh Fruit Milk</p>	<p>27 Beef Taco Garden Veggie Blend Cranberry Chicken Salad WW Bread Super Food Slaw Tortilla Picante Sauce Raisins Fresh Fruit Milk</p>	<p>28 Chicken/ Pumpkin Seed Mole Sauce Herbed Rice Mixed Veggies Peanut Butter X 3 Jelly X2 <u>Db/Ls – diet jelly</u> WW Bread Calif. Veg Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p>29 Baked Pollock/ Dill Sauce Lemon Orzo Green Peas Hard Ckd Eggs X3 WW Bread Mayo Chickpea Salad Fruit Juice Fresh Fruit Milk</p>	<p>30 Diced Chicken/ Mild Green Curry Sauce Herbed Rice Capri Veggie Blend Tuna Mac Salad Crackers Corn Lentil Salad Gelatin <u>(Db/Ls – diet gel.)</u> Applesauce Fresh Fruit Milk</p>	<p>31 Hamburger Baked Beans Mixed Veggies Cottage Cheese Muffin/ Margarine Lettuce/Tomatoes Hamburger Bun Mayo Peaches Fresh Fruit Milk</p>

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