



September 2024 to February 2025

Please Note- Menu Items are subject to change without notice due to availability

MOWSF provides 2 serving of dairy and 2 Fruits Daily. Condiments & Juices are not listed

Frozen Meal Plan

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 1, Oct 6, Nov 10, Dec 15, Jan 19	Sept 2, Oct 7, Nov 11, Dec 16, Jan 20	Sept 3, Oct 8, Nov 12, Dec 17, Jan 21	Sept 4, Oct 9, Nov 13, Dec 18, Jan 22	Sept 5, Oct 10, Nov 14, Dec 19, Jan 23	Sept 6, Oct 11, Nov 15, Dec 20, Jan 24	Sept 7, Oct 12, Nov 16, Dec 21, Jan 25
<p>Scrambled Eggs with Red Enchilada Sauce and Refried Beans Contains: Egg, Milk, Soy</p> <p>Cod with Fermented Black Bean Sauce, Edamame, Green Beans and Brown Rice Contains: Soy, Fish (Cod), Wheat, Sesame</p>	<p>Salisbury Steak with Roasted Potatoes, Tomatoes and Corn Contains: Soy, Wheat</p> <p>Whole Wheat Pasta Marinara with Turkey Meatballs and Italian Vegetables Contains: Wheat, Soy, Milk</p>	<p>Wheat 'Risotto' with Tofu, Mushrooms and Italian Vegetables Contains: Wheat, Milk, Soy</p> <p>Savory Pork and Butternut Squash with Corn, Salsa Roja, and Brown Rice Contains: N/A</p>	<p>Salmon with Pineapple Sauce, Brown Rice and Green Beans Contains: Fish (Salmon, Anchovies), Soy, Wheat</p> <p>Hearty Chicken and Black Bean Soup with Mixed Vegetables Contains: Soy, Wheat, Milk</p>	<p>Creamy Chicken and Wild Rice with Mixed Vegetables Contains: Wheat, Soy, Milk</p> <p>Roasted Tomato and Pepper Eggs with Seasoned Potatoes Contains: Soy, Wheat, Egg, Milk</p>	<p>Chicken Paprikash with Rice Pilaf, Peas and Carrots Contains: Treenuts (Almonds), Milk, Wheat</p> <p>Ginger Lemongrass Tofu with Cashews, Rice and Mixed Asian Vegetables Contains: Soy, Wheat, Treenuts (Cashews), Peanut</p>	<p>Beefy 'Mac and Cheese' with Kale Contains: Milk, Wheat, Soy</p> <p>Sweet &amp; Sour Chicken with Tofu, Brown Rice, and Asian Vegetables Contains: Soy, Wheat, Sesame</p>
Sept 8, Oct 13, Nov 17, Dec 22, Jan 26	Sept 9, Oct 14, Nov 18, Dec 23, Jan 27	Sept 10, Oct 15, Nov 19, Dec 24, Jan 28	Sept 11, Oct 16, Nov 20, Dec 25, Jan 29	Sept 12, Oct 17, Nov 21, Dec 26, Jan 30	Sept 13, Oct 18, Nov 22, Dec 27, Jan 31	Sept 14, Oct 19, Nov 23, Dec 28, Feb 1
<p>Ham and Eggs with Southern-Style Cheesy Grits and Green Beans Contains: Egg, Soy, Milk</p> <p>Peanut Shrimp and Asian Vegetables with Brown Rice Contains: Shellfish (shrimp), Peanut, Soy, Wheat, Sesame, Fish (anchovies)</p>	<p>Turkey with Sun-Dried Tomato Sauce and Italian Vegetables over Egg Noodles Contains: Wheat, Soy, Milk</p> <p>Beef, Collard Greens, and Mixed Vegetable Stew Contains: Fish (Anchovies), Wheat</p>	<p>Pot Roast with Red Pepper Sauce, Bulgur, Sauteed Spinach and Carrots Contains: Milk, Wheat</p> <p>Classic Chicken Noodle Soup with Mixed Vegetables Contains: Wheat, Soy, Milk</p>	<p>Ginger Lemongrass Chicken served with Mixed Asian Vegetables Contains: Soy, Wheat</p> <p>Mushroom &amp; Lentil 'Shepherd's Pie' Contains: Soy</p>	<p>Sweet &amp; Sour Chicken with Brown Rice and Broccoli Contains: Soy, Wheat, Sesame</p> <p>Southwest Omelet with Salsa Verde, Black Beans, and Corn Contains: Egg, Milk, Soy</p>	<p>Turkey with Savory Gravy, Mashed Potatoes, Peas &amp; Carrots Contains: Milk, Wheat, Soy</p> <p>Greek-style Lemon, Chicken, and Brown Rice Soup Contains: Wheat, Soy, Milk, Egg</p>	<p>Tomato and Basil Pesto Pasta with Albacore Tuna and Kale Contains: Fish (Tuna), Wheat, Treenuts (Pinenuts), Milk, Soy</p> <p>Beef Colorado with Spanish Rice, Refried Beans, and Sunshine Carrots Contains: Soy, Wheat, Milk, Sesame</p>
Sept 15, Oct 20, Nov 24, Dec 29, Feb 2	Sept 16, Oct 21, Nov 25, Dec 30, Feb 3	Sept 17, Oct 22, Nov 26, Dec 31, Feb 4	Sept 18, Oct 23, Nov 27, Jan 1, Feb 5	Sept 19, Oct 24, Nov 28, Jan 2, Feb 6	Sept 20, Oct 25, Nov 29, Jan 3, Feb 7	Sept 21, Oct 26, Nov 30, Jan 4, Feb 8
<p>Omelet with Roasted Potatoes and Mixed Vegetables Contains: Soy, Egg, Milk</p> <p>Miso-Braised Cod with Brown Rice &amp; Asian Vegetables Contains: Fish (Cod, Anchovies), Soy, Peanut, Wheat, Sesame</p>	<p>Spanish Paella with Garbanzo Beans and Broccoli Contains: Soy, Milk</p> <p>Beef Bolognese Sauce with Whole Wheat Pasta, Parmesan Cheese, Peas and Carrots Contains: Wheat, Milk, Fish (Anchovies), Soy</p>	<p>Potato Crusted Pollock with Farro Succotash and Spinach Contains: Fish (Cod), Soy, Wheat, Egg, Treenuts (Almonds)</p> <p>Carrot Pepper Soup with Chicken and Brown Rice topped with Pesto Contains: Soy, Milk, Treenuts (Pinenuts), Wheat</p>	<p>Chicken with Creamy Pepper Pasta and Green Beans Contains: Wheat, Egg, Milk</p> <p>Korean-style Chicken and Rice Bowl with Gochujang Sauce, Collard Greens, Sweet Potatoes, and Edamame Contains: Egg, Soy, Wheat, Sesame</p>	<p>Beef Chili Nachos with Broccoli Contains: N/A</p> <p>Spinach Omelet with Hash Browned Potatoes Contains: Egg, Soy, Milk</p>	<p>Salmon with Pesto Sauce Pasta and Italian Vegetables Contains: Fish (Salmon), Soy, Milk, Treenuts (Pinenuts), Wheat</p> <p>Filipino-style Beef and Peanut Soup with Green Beans Contains: Peanut, Shellfish (Shrimp), Soy, Wheat</p>	<p>Beef Macaroni and Cheese with Roasted Tomatoes Contains: Milk, Wheat, Soy</p> <p>Chicken with Mustard Sauce, Brown Rice, and Asian Vegetables Contains: Wheat, Milk, Soy</p>



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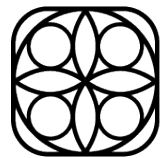
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Sept 22, Oct 27, Dec 1, Jan 5, Feb 9	Sept 23, Oct 28, Dec 2, Jan 6, Feb 10	Sept 24, Oct 29, Dec 3, Jan 7, Feb 11	Sept 25, Oct 30, Dec 4, Jan 8, Feb 12	Sept 26, Oct 31, Dec 5, Jan 9, Feb 13	Sept 27, Nov 1, Dec 6, Jan 10, Feb 14	Sept 28, Nov 2, Dec 7, Jan 11, Feb 15
<b>Southwest Omelet with Salsa Verde, Black Beans, Corn and Spinach</b> Contains: Egg, Milk, Soy  <b>Vegan 'Lamb' and Lentil Ragu with Wild Rice Blend</b> Contains Treenut (Coconut)	<b>Chicken Marinara with Pasta, Italian Vegetables, and Parmesan</b> Contains: Wheat, Milk  <b>Cod with Ginger Lemongrass Sauce, Brown Rice, and Mixed Vegetables</b> Contains: Fish (Cod), Soy, Wheat	<b>Meatloaf with Onion Mushroom Gravy, Roasted Potatoes, and Peas</b> Contains: Soy, Fish (Anchovies), Wheat  <b>Turkey, Brown Rice, and Kale Soup</b> Contains: Wheat, Soy, Milk	<b>Turkey Mole with Spanish Rice, Pinto Beans, and Capri Vegetable Blend</b> Contains: Soy, Wheat, Milk, Fish (Anchovies), Sesame  <b>Potato Crusted Pollock with Comeback Sauce, Mashed Potatoes, Peas &amp; Carrots</b> Contains: Milk, Fish (Cod), Soy, Wheat, Egg	<b>Orange Glazed Beef with Broccoli and Brown Rice</b> Contains: Soy, Wheat, Milk, Sesame  <b>Fried Eggs with Cheese, Chili Verde Sauce, Pinto Beans, and Fajita Vegetables</b> Contains: Egg, Milk, Soy	<b>Chicken and Vegetable Tagine</b> Contains: Wheat, Soy, Milk  <b>African-style Chicken and Peanut Soup with Green Beans</b> Contains: Wheat, Soy, Milk, Peanut	<b>Shrimp and White Beans with Olive Caper Sauce and Italian Vegetables</b> Contains: Soy, Milk, Wheat, Shellfish (shrimp)  <b>Ma Po Beef and Tofu with Asian Vegetables and Brown Rice</b> Contains: Soy, Wheat, Milk, Sesame
Sept 29, Nov 3, Dec 8, Jan 12, Feb 16	Sept 30, Nov 4, Dec 9, Jan 13, Feb 17	Oct 1, Nov 5, Dec 10, Jan 14, Feb 18	Oct 2, Nov 6, Dec 11, Jan 15, Feb 19	Oct 3, Nov 7, Dec 12, Jan 16, Feb 20	Oct 4, Nov 8, Dec 13, Jan 17, Feb 21	Oct 5, Nov 9, Dec 14, Jan 18, Feb 22
<b>Pancakes &amp; Eggs served with Mixed Vegetables</b> Contains: Egg, Milk, Soy, Wheat  <b>Chicken &amp; White Bean Chili with Spinach</b> Contains: N/A	<b>Beef with House Sauerkraut and Mashed Potatoes</b> Contains: Milk, Wheat, Fish (Anchovies)  <b>Tuna Noodle Casserole with Kale</b> Contains: Wheat, Fish (Tuna), Soy, Milk	<b>Black Bean and Quinoa Gratin with Bechamel Sauce</b> Contains: Milk, Wheat, Treenut (Coconut)  <b>Japanese-style Cream Stew with Chicken, Brown Rice, and Green Beans</b> Contains: Wheat, Soy, Milk	<b>Smothered Beef with Bean and Farro Succotash</b> Contains: Wheat, Soy, Milk  <b>Indian-style Cauliflower and Lentil Curry with Brown Rice</b> Contains:	<b>Teriyaki Chicken with Edamame, Broccoli and Brown Rice</b> Contains: Soy, Wheat, Sesame  <b>Omelet with Roasted Potatoes and Mixed Vegetables</b> Contains: Egg, Milk, Soy	<b>Shrimp &amp; Grits with Mixed Vegetables</b> Contains: Milk, Wheat, Shellfish (Shrimp)  <b>Moroccan-style Beef with Wild Rice Pilaf and Broccoli</b> Contains: Wheat, Milk, Soy	<b>Coconut Curried Chicken &amp; Butternut Squash served with Wild Rice and Broccoli</b> Contains: Shellfish (Shrimp), Treenut (Coconut), Wheat  <b>Chicken &amp; Chorizo Soup with Beans, Sweet Potatoes, and Kale</b> Contains: Wheat, Soy, Milk

**Would you like to speak to a registered dietitian nutritionist?**

Our registered dietitians are food and nutrition experts and would be happy to discuss how food can improve your health and well-being.

Our nutrition team is available Monday to Friday from 9:00AM to 4:00PM. Call them at 415-920-1111.



SAN FRANCISCO HUMAN SERVICES AGENCY  
**Department of Disability and Aging Services**

Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vitamin D. MOWSF dietitians will provide nutrition education handout to ensure you are meeting your daily Vitamin D needs. MOWSF would like to thank the Department of Disability and Aging Service of the City and County of San Francisco for their generous support of our program.

**Clients on a Dental Soft Diet will receive soft fruits or fruit cups in place of whole fruits. This menu follows guidelines for Heart Healthy, Diabetic Friendly diet.**