



**San Mateo County**

**September 2024 to February 2025**

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

MOWSF provides 1 serving of dairy and 1 Fruit Daily. Condiments & Juices are not listed

**Frozen Meal Plan**

415-920-1111 | MOWSF.ORG

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
Scrambled Eggs with Red Enchilada Sauce and Refried Beans Contains: Egg, Milk, Soy	Salisbury Steak with Roasted Potatoes, Tomatoes and Corn Contains: Soy, Wheat	Wheat 'Risotto' with Tofu, Mushrooms, and Italian Vegetables Contains: Wheat, Milk, Soy	Salmon with Pineapple Sauce, Brown Rice and Green Beans Contains: Fish (Salmon, Anchovies), Soy, Wheat	Creamy Chicken and Wild Rice with Mixed Vegetables Contains: Wheat, Soy, Milk	Chicken Paprikash with Rice Pilaf, Peas and Carrots Contains: Treenuts (Almonds), Milk, Wheat	Beefy 'Mac and Cheese' with Kale Contains: Milk, Wheat, Soy
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
Southern-Style Cheesy Grits with Ham & Eggs served with Green Beans Contains: Egg, Soy, Milk	Turkey with Sun-Dried Tomato Sauce and Italian Vegetables over Egg Noodles Contains: Wheat, Soy, Milk	Pot Roast with Red Pepper Sauce, Bulgur, and Sautéed Spinach and Carrots Contains: Milk, Wheat	Ginger Lemongrass Chicken served with Mixed Asian Vegetables Contains: Soy, Wheat	Sweet & Sour Chicken with Brown Rice and Broccoli Contains: Soy, Wheat, Sesame	Turkey with Savory Gravy, Mashed Potatoes, Peas & Carrots Contains: Milk, Wheat, Soy	Tomato and Basil Pesto Pasta with Albacore Tuna and Kale Contains: Fish (Tuna), Wheat, Treenuts (Pinenuts), Milk, Soy
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
Omelet with Roasted Potatoes and Mixed Vegetables Contains: Soy, Egg, Milk	Spanish Paella with Garbanzo Beans and Broccoli Contains: Soy, Milk	Potato Crusted Pollock with Farro Succotash and Spinach Contains: Fish (Cod), Soy, Wheat, Egg, Treenuts (Almonds)	Chicken with Creamy Pepper Pasta and Green Beans Contains: Wheat, Egg, Milk	Beef Chili Nachos with Broccoli Contains:	Salmon with Pesto Sauce Pasta and Italian Vegetables Contains: Fish (Salmon), Soy, Milk, Treenuts (Pinenuts), Wheat	Ginger Lemongrass Tofu with Cashews, Rice and Mixed Asian Vegetables Contains: Soy, Wheat, Treenuts (Cashews), Peanut



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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
Southwest Omelet with Salsa Verde, Black Beans, Corn and Spinach <i>Contains: Egg, Milk, Soy</i>	Chicken Marinara with Pasta, Italian Vegetables and Parmesan <i>Contains: Wheat, Milk</i>	Meatloaf with Onion Mushroom Gravy, Roasted Potatoes, and Peas <i>Contains: Soy, Fish (Anchovies), Wheat</i>	Turkey Mole with Spanish Rice, Pinto Beans, and Capri Vegetable Blend <i>Contains: Soy, Wheat, Milk, Fish (Anchovies), Sesame</i>	Orange Glazed Beef with Broccoli and Brown Rice <i>Contains: Soy, Wheat, Milk, Sesame</i>	Chicken and Vegetable Tagine <i>Contains: Wheat, Soy, Milk</i>	Shrimp and White Beans with Olive Caper Sauce and Italian Vegetables <i>Contains: Soy, Milk, Wheat, Shellfish (shrimp)</i>
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
Pancakes & Eggs served with Mixed Vegetables <i>Contains: Egg, Milk, Soy, Wheat</i>	Beef with House Sauerkraut and Mashed Potatoes <i>Contains: Milk, Wheat, Fish (Anchovies)</i>	Black Bean and Quinoa Gratin with Bechamel Sauce <i>Contains: Milk, Wheat, Treenut (Coconut)</i>	Smothered Beef with Bean and Farro Succotash <i>Contains: Wheat, Soy, Milk</i>	Teriyaki Chicken with Edamame, Broccoli and Brown Rice <i>Contains: Soy, Wheat, Sesame</i>	Shrimp & Grits with Mixed Vegetables <i>Contains: Milk, Wheat, Shellfish (Shrimp)</i>	Coconut Curried Chicken & Butternut Squash served with Wild Rice and Broccoli <i>Contains: Shellfish (Shrimp), Treenut (Coconut), Wheat</i>

**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.

Our menu meets 1/3 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.

**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.**