



HOT MEAL PLAN

March to August 2025

Meals on Wheels San Francisco
 2142 Jerrold Ave. San Francisco, CA 94124
 415-920-1111 | www.mowsf.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/2, 4/6, 5/11, 6/15, 7/20, 8/24	3/3, 4/7, 5/12, 6/16, 7/21, 8/25	3/4, 4/8, 5/13, 6/17, 7/22, 8/26	3/5, 4/9, 5/14, 6/18, 7/23, 8/27	3/6, 4/10, 5/15, 6/19, 7/24, 8/28	3/7, 4/11, 5/16, 6/20, 7/25, 8/29	3/8, 4/12, 5/17, 6/21, 7/26, 8/30
Ground Beef in Cajun Cream Sauce White Beans, Farro Succotash <i>Milk, Fruit</i> Contains: Wheat, Soy, Milk	Miso-Braised Cod Brown Rice Asian Vegetables <i>Milk, Roll, Fruit</i> Contains: Fish (Cod, Anchovy), Soy, Peanuts, Wheat, Sesame	Vegetarian Chili Nachos Corn Chips <i>Milk, Sour Cream, Fruit</i> Contains: N/A	Southwest Tofu Scramble Enchilada Sauce Black Beans, Corn Yogurt, Tortillas, Fruit Contains: Soy	Savory Chicken Polenta Broccoli <i>Milk, Bread, Fruit</i> Contains: Milk	Pork Sauerbraten House Sauerkraut Mashed Potatoes <i>Milk, Bread, 100% Juice</i> Contains: Fish (Anchovies), Wheat, Milk	Lentil & Rice Gratin Sweet Potatoes, Kale Gruyere Cheese <i>Milk, Fruit</i> Contains: Milk
Turkey Sandwich Whole Wheat Bread Coleslaw Salad <i>Milk, 100% Juice</i> Contains: Wheat, Soy	Curry Chicken & Farro Salad Champagne Vinaigrette <i>Milk, 100% Juice</i> Contains: Wheat, Treenuts (Almonds), Soy, Egg, Milk	Shrimp & Rice Salad Honey Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Shellfish (Shrimp)	Beef & Soba Noodle Bowl Asian Vegetables Soy Lime Dressing <i>Milk, Fruit</i> Contains: Wheat, Soy, Sesame	Wild Rice Salad Chickpeas Beets, Spinach Cottage Cheese, Dressing <i>Milk, Roll, Fruit</i> Contains: Milk	Egg Frittata Brown Rice Shredded Cheese Kale, Tomatoes <i>Milk, Oatmeal Packet, Fruit</i> Contains: Egg, Milk	Tuna Pasta Salad Puttanesca Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Fish (Tuna), Wheat
3/9, 4/13, 5/18, 6/22, 7/27	3/10, 4/14, 5/19, 6/23, 7/28	3/11, 4/15, 5/20, 6/24, 7/29	3/12, 4/16, 5/21, 6/25, 7/30	3/13, 4/17, 5/22, 6/26, 7/31	3/14, 4/18, 5/23, 6/27, 8/1	3/15, 4/19, 5/24, 6/28, 8/2
Beef & Broccoli Orange Soy Glaze Brown Rice Edamame <i>Milk, Fruit</i> Contains: Soy, Wheat, Milk, Sesame	Romesco Fish White Beans, Farro Succotash <i>Milk, Fruit</i> Contains: Fish (Pollock), Soy, Wheat, Egg, Treenuts (Almond)	Mushroom & Lentil 'Shepherd's Pie' Peas, Carrots <i>Milk, Roll, Fruit</i> Contains: Soy	Beef Bolognese Whole Wheat Pasta Parmesan Peas, Carrots <i>Milk, Fruit</i> Contains: Wheat, Milk, Soy	Mustard Chicken Whole Wheat Pasta Asian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Soy, Milk	Sunny-Side Eggs Enchilada Sauce Brown Rice, Beans Spinach <i>Milk, Tortillas, Fruit</i> Contains: Egg, Soy	Shrimp & White Beans Olive Caper Sauce Farro Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Shellfish (Shrimp)
Egg Salad Sandwich Spinach Salad Mustard Dressing <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk	Chicken & Soba Noodle Bowl Asian Vegetables Peanut Dressing <i>Milk, Roll, Fruit</i> Contains: Wheat, Peanuts, Soy, Sesame	Shrimp & Pasta Salad Chimichurri Sauce <i>Milk, Crackers, Fruit</i> Contains: Shellfish (Shrimp), Wheat	Greek Tuna & Barley Salad Champagne Vinaigrette <i>Milk, Fruit</i> Contains: Fish (Tuna), Eggs, Soy, Milk	Mediterranean Salad Chickpeas, Falafel Tzatziki Dressing <i>Milk, Pita, Fruit</i> Contains: Milk, Wheat, Sesame	Roast Beef Sandwich Whole Wheat Bread Pesto Sauce <i>Milk, 100% Juice</i> Contains: Wheat, Soy, Egg, Milk, Treenuts (Pinenuts)	Overnight Oats Chickpea & Carrot Salad Honey Vinegarette V8 Juice, Fruit Contains: Milk, Treenuts (Almonds)
3/16, 4/20, 5/25, 6/29, 8/3	3/17, 4/21, 5/26, 6/30, 8/4	3/18, 4/22, 5/27, 7/1, 8/5	3/19, 4/23, 5/28, 7/2, 8/6	3/20, 4/24, 5/29, 7/3, 8/7	3/21, 4/25, 5/30, 7/4, 8/8	3/22, 4/26, 5/31, 7/5, 8/9
Ground Beef Tomato Cheese Sauce Whole Wheat Pasta Broccoli <i>Milk, Fruit</i> Contains: Wheat, Milk, Soy	Indian-Style Chicken Brown Rice Pilaf Spinach, Potatoes <i>Milk, Fruit</i> Contains: Milk, Soy	Brown Rice Paella Chickpeas & Veg Chorizo Broccoli <i>Milk, Fruit</i> Contains: Soy, Milk	Tex-Mex Omelet Farro Sweet Potatoes Fajita Vegetables <i>Milk, Fruit</i> Contains: Wheat, Eggs, Milk, Soy	5-Spice Mango Chicken Brown Rice Broccoli, Edamame <i>Milk, Cookies, Fruit</i> Contains: Soy, Wheat, Sesame	Herb Chicken Wild Rice Vegetable Tagine <i>Milk, Fruit</i> Contains: Soy, Milk, Wheat	Sweet Rice Porridge Peanut Butter Pumpkin Apple, Raisins <i>Milk, 100% Juice</i> Contains: Peanuts
Curry Chicken & Farro Salad Champagne Vinaigrette <i>Milk, Juice, Fruit</i> Contains: Wheat, Treenuts (Almonds), Soy, Egg, Milk	Wild Rice Salad Chickpeas Beets, Spinach Cottage Cheese, Dressing <i>Milk, Roll, Fruit</i> Contains: Milk	Roast Beef Sandwich Whole Wheat Bread Pesto Sauce <i>Milk, 100% Juice</i> Contains: Wheat, Soy, Egg, Milk, Treenuts (Pinenuts)	Shrimp & Rice Salad Honey Vinaigrette <i>Milk, Roll, Fruit</i> Contains: Shellfish (Shrimp)	Egg Salad Sandwich Spinach Salad Mustard Dressing <i>Milk, Bread, Fruit</i> Contains: Egg, Soy, Milk	Tuna Pasta Salad Puttanesca Vinaigrette <i>Milk, Bread, Fruit</i> Contains: Fish (Tuna), Wheat	Turkey Sandwich Whole Wheat Roll Coleslaw Salad <i>Milk, 100% Juice</i> Contains: Wheat, Soy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/23, 4/27, 6/1, 7/6, 8/10	3/24, 4/28, 6/2, 7/7, 8/11	3/25, 4/29, 6/3, 7/8, 8/12	3/26, 4/30, 6/4, 7/9, 8/13	3/27, 5/1, 6/5, 7/10, 8/14	3/28, 5/2, 6/6, 7/11, 8/15	3/29, 5/3, 6/7, 7/12, 8/16
Salisbury Steak Marsala Wine Sauce Mashed Potatoes Peas, Carrots Milk, 100% Juice, Roll Contains: Soy, Wheat, Milk	Peanut Shrimp Brown Rice Mixed Vegetables Milk, Fruit Contains: Shellfish (Shrimp), Peanuts, Soy, Wheat, Fish (Anchovies), Sesame	Scrambled Eggs Vegetarian Chorizo Brown Rice Sweet Potatoes, Kale Milk, Fruit Contains: Egg, Milk, Wheat, Soy, Treenuts (Almond)	Home-Style Meatloaf BBQ Sauce White Beans, Farro Succotash Milk, Fruit Contains: Wheat, Soy	Lemon Caper Chicken Whole Wheat Pasta Spinach Milk, Fruit Contains: Milk, Wheat	Scrambled Eggs Broccoli Cream of Wheat Yogurt, V8 Juice, Fruit Contains: Soy, Milk, Egg, Wheat	Indian-Style Tofu Chickpeas Green Beans Milk, Pita, Fruit Contains: Soy, Milk
Egg Salad Sandwich Spinach Salad Mustard Dressing Milk, Bread, Fruit Contains: Egg, Soy, Milk	Curry Chicken & Farro Salad Champagne Vinaigrette Milk, 100% Juice Contains: Wheat, Treenuts (Almonds), Soy, Egg, Milk	Greek Tuna & Barley Salad Champagne Vinaigrette Milk, Fruit Contains: Fish (Tuna), Eggs, Soy, Milk	Mediterranean Salad Chickpeas, Falafel Tzatziki Dressing Milk, Pita, Fruit Contains: Milk, Wheat, Sesame	Overnight Oats Chickpea & Carrot Salad Honey Vinaigrette V8 Juice, Fruit Contains: Milk, Treenuts (Almonds)	Beef & Soba Noodle Bowl Asian Vegetables Soy Lime Dressing Milk, Fruit Contains: Wheat, Soy, Sesame	Shrimp & Pasta Salad Chimichurri Sauce Milk, Crackers, Fruit Contains: Shellfish (Shrimp), Wheat
3/30, 5/4, 6/8, 7/13, 8/17	3/31, 5/5, 6/9, 7/14, 8/18	4/1, 5/6, 6/10, 7/15, 8/19	4/2, 5/7, 6/11, 7/16, 8/20	4/3, 5/8, 6/12, 7/17, 8/21	4/4, 5/9, 6/13, 7/18, 8/22	4/5, 5/10, 6/14, 7/19, 8/23
Lentil Mac & Cheese Whole Wheat Pasta Kale Milk, Roll, Margarine, Fruit Contains: Wheat, Milk, Soy	Pesto Pasta Baked Salmon Italian Vegetables Milk, Fruit Contains: Wheat, Fish (Salmon), Soy, Milk, Treenuts (Pinenuts)	Chili Colorado Pork Spanish Brown Rice Refried Beans Sweet Potatoes Milk, Fruit Contains: Soy, Milk, Sesame, Wheat	Potato Crusted Fish Comeback Sauce Mashed Potatoes Peas, Carrots Milk, Roll, Fruit Contains: Fish (Pollock), Wheat, Egg, Soy, Milk	Spiced Lentil Curry Brown Rice Cauliflower Milk, Fruit Contains: N/A	Chili Verde Eggs Refried Beans Fajita Vegetables Milk, Tortillas, 100% Juice Contains: Egg, Soy	Creamy Chicken Wild Rice Sweet Potatoes, Kale Milk, Fruit Contains: Soy, Milk, Wheat
Chicken & Soba Noodle Bowl Asian Vegetables Peanut Dressing Milk, Roll, Fruit Contains: Wheat, Peanuts, Soy, Sesame	Egg Frittata Brown Rice Shredded Cheese Kale, Tomatoes Milk, Oatmeal Packet, Fruit Contains: Egg, Milk	Turkey Sandwich Whole Wheat Roll Coleslaw Salad Milk, Juice, Fruit Contains: Wheat, Soy	Wild Rice Salad Chickpeas Beets, Spinach Cottage Cheese, Dressing Milk, Roll, Fruit Contains: Milk	Tuna Pasta Salad Puttanesca Vinaigrette Milk, Bread, Fruit Contains: Fish (Tuna), Wheat	Shrimp & Rice Salad Honey Vinaigrette Milk, Roll, Fruit Contains: Shellfish (Shrimp)	Mediterranean Salad Chickpeas, Falafel Tzatziki Dressing Milk, Pita, Fruit Contains: Milk, Wheat, Sesame

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.

Holiday Meal Delivery: For most federal holidays, meals are delivered a week in advance. Our office is closed on the holidays listed below:

- New Year's Day
- Martin Luther King Jr. Day
- Memorial Day
- Juneteenth
- Independence Day
- Labor Day
- Indigenous Peoples' Day
- Thanksgiving & the following Friday
- Christmas Day

If your delivery falls on a holiday, you'll receive an automated call with cancellation and rescheduling details.

ABOUT OUR MENU

- Menu items are subject to change without notice due to availability.
- Each meal will include seasonal fruit or 100% fruit juice.
- All bakery sides are whole grain aside from the cookies.
- Clients on a Dental Soft diet will receive soft fruits or fruit cups in place of whole fruits.
- Our menu meets 2/3 dietary reference intake DRI for all target nutrients except for Vitamin D and Magnesium.
- Our dietitians will provide nutrition education handouts to ensure you are meeting your daily Vitamin D and Magnesium needs.
- Our menu follows guidelines for Heart Healthy, Diabetic Friendly diet.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

We 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.