

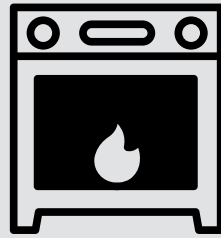


SAN MATEO COUNTY FROZEN MEAL PLAN

March to August 2025

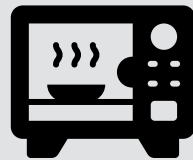
Meals on Wheels San Francisco
 2142 Jerrold Ave. San Francisco, CA 94124
 415-920-1111 | www.mowsf.org

| 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 |
| 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) |
| 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 |
| 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 <i>Milk, 100% Juice, Roll</i> Contains: Soy, Wheat, Milk | Peanut Shrimp Brown Rice Mixed Vegetables <i>Milk, Fruit</i> Contains: Shellfish (Shrimp), Peanuts, Soy, Wheat, Fish (Anchovies), Sesame | Scrambled Eggs Vegetarian Chorizo Brown Rice Sweet Potatoes, Kale <i>Milk, Fruit</i> Contains: Egg, Milk, Wheat, Soy, Treenuts (Almond) | Home-Style Meatloaf BBQ Sauce White Beans, Farro Succotash <i>Milk, Fruit</i> Contains: Wheat, Soy | Lemon Caper Chicken Whole Wheat Pasta Spinach <i>Milk, Fruit</i> Contains: Milk, Wheat | Scrambled Eggs Broccoli Cream of Wheat Yogurt, V8 Juice <i>Fruit</i> Contains: Soy, Milk, Egg, Wheat | Indian-Style Tofu Chickpeas Green Beans <i>Milk, Pita, Fruit</i> Contains: Soy, Milk |
| 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 <i>Milk, Roll, Margarine, Fruit</i> Contains: Wheat, Milk, Soy | Pesto Pasta Baked Salmon Italian Vegetables <i>Milk, Fruit</i> Contains: Wheat, Fish (Salmon), Soy, Milk, Treenuts (Pinenuts) | Chili Colorado Pork Spanish Brown Rice Refried Beans Sweet Potatoes <i>Milk, Tortillas, 100% Juice</i> Contains: Soy, Milk, Sesame, Wheat | Potato Crusted Fish Comeback Sauce Mashed Potatoes Peas, Carrots <i>Milk, Roll, Fruit</i> Contains: Fish (Pollock), Wheat, Egg, Soy, Milk | Spiced Lentil Curry Brown Rice Cauliflower <i>Milk, Fruit</i> Contains: N/A | Chili Verde Eggs Refried Beans Fajita Vegetables <i>Milk, Tortillas, Fruit</i> Contains: Egg, Soy | Creamy Chicken Wild Rice Sweet Potatoes, Kale <i>Milk, Fruit</i> Contains: Soy, Milk, Wheat |



Traditional Oven Heating Instructions

1. Preheat your oven to 325°F (162°C)
2. Place the meal tray on a baking sheet in the center of the oven. The plastic film can remain on the tray.
3. Heat for 20-25 minutes or until the meal reaches an internal temperature of 165°F (74°C)



Microwave Oven Instructions

1. Pierce the plastic film covering the entree.
2. Heat the entree on high for 6 minutes or until it reaches an internal temperature of 165°F (74°C).
3. For breakfast items, heat for 2-3 minutes or until the meal reaches 165°F (74°C).

When meal is fully cooked: tray will be hot, steam will be visible when plastic is pulled back, no frozen bits should be felt when stirring, and no ice crystals should be visible.

Heating times may vary depending on your microwave.

If your meal is not hot enough, remove tray from microwave, stir it, then return it to the microwave and heat in 1-minute increments. Test after each minute. If meal is too dry add a small amount of water, stir meal, and heat for 30 seconds.



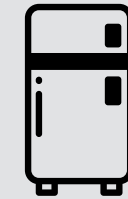
Please Note: Do not use a toaster oven to heat meals, as tray will melt!

FOOD SAFETY



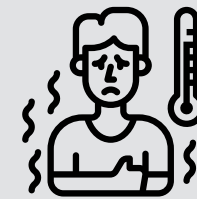
Freezing

- Store food in the freezer until ready to consume to maintain freshness and safety.
- Ensure items are properly sealed to prevent freezer burn and maintain quality.



Refrigeration

- Leftover food should be promptly refrigerated to keep it safe and fresh.
- Consume within 3 days to ensure optimal quality and reduce the risk of foodborne illness.
- Storing frozen food in the refrigerator: A frozen meal placed in the refrigerator will be good for 5 days.



Cook all leftover food to 165°F (74°C).

Eating undercooked food can make you sick. Some of the symptoms to look out for are:

- Stomach Pain
- Nausea/Vomiting
- Diarrhea
- Fever

If you are unsure about a food item throw it away!



Handwashing is the best way to prevent the spread of bacteria and help keep you healthy!

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.



Thank You to the San Mateo County's Aging and Adult Services for their generous support of our Program.

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 1/3 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.