



Your Meal Plan is: LOW LACTOSE

PLEASE NOTE: MENU ITEMS ARE SUBJECT TO CHANGE

If you are on a combination of meal plans, the items listed on the menus may vary slightly from what you receive in your delivery.

Please call 202-269-6820 for menu item information.

You can also access this menu and reheating instructions on our website

<https://foodandfriends.org/current-clients/>

Calendar of deliveries 2024

2024

		January							April							July							October										
F&F Week		Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa				
Wk 5			x	2	3	4	5	6	Wk 6		1	2	3	4	5	6	Wk 1		1	2	3	x	5	6	Wk 2			1	2	3	4	5	
Wk 6		7	8	9	10	11	12	13	Wk 1	7	8	9	10	11	12	13	Wk 2	7	8	9	10	11	12	13	Wk 3	6	7	8	9	10	11	12	
Wk 1		14	15	16	17	18	19	20	Wk 2	14	15	x	17	18	19	20	Wk 3	14	15	16	17	18	19	20	Wk 4	13	14	15	16	17	18	19	
Wk 2		21	22	23	24	25	26	27	Wk 3	21	22	23	24	25	26	27	Wk 4	21	22	23	24	25	26	27	Wk 5	20	21	22	23	24	25	26	
Wk 3		28	29	30	31				Wk 4	28	29	30					Wk 5	28	29	30	31				Wk 6	27	28	29	30	31			
		February							May							August							November										
Wk 3		Su	Mo	Tu	We	Th	Fr	Sa	Wk 4	Su	Mo	Tu	We	Th	Fr	Sa	Wk 5	Su	Mo	Tu	We	Th	Fr	Sa	Wk 6	Su	Mo	Tu	We	Th	Fr	Sa	
Wk 3						1	2	3	Wk 4				1	2	3	4	Wk 5					1	2	3	Wk 6						1	2	
Wk 4		4	5	6	7	8	9	10	Wk 5	5	6	7	8	9	10	11	Wk 6	4	5	6	7	8	9	10	Wk 1	3	4	5	6	7	8	9	
Wk 5		11	12	13	14	15	16	17	Wk 6	12	13	14	15	16	17	18	Wk 1	11	12	13	14	15	16	17	Wk 2	10	11	12	13	14	15	16	
Wk 6		18	19	20	21	22	23	24	Wk 1	19	20	21	22	23	24	25	Wk 2	18	19	20	21	22	23	24	Wk 3	17	18	19	20	21	22	23	
Wk 1		25	26	27	28	29			Wk 2	26	x	28	29	30	31		Wk 3	25	26	27	28	29	30	31	Wk 4	24	25	26	27	x	x	x	
		March							June							September							December										
Wk 1		Su	Mo	Tu	We	Th	Fr	Sa	Wk 2	Su	Mo	Tu	We	Th	Fr	Sa	Wk 4	Su	Mo	Tu	We	Th	Fr	Sa	Wk 5	Su	Mo	Tu	We	Th	Fr	Sa	
Wk 1							1	2	Wk 2							1	Wk 4	1	x	3	4	5	6	7	Wk 5	1	2	3	4	5	6	7	
Wk 2		3	4	5	6	7	8	9	Wk 3	2	3	4	5	6	7	8	Wk 5	8	9	10	11	12	13	14	Wk 6	8	9	10	11	12	13	14	
Wk 3		10	11	12	13	14	15	16	Wk 4	9	10	11	12	13	14	15	Wk 6	15	16	17	18	19	20	21	Wk 1	15	16	17	18	19	20	21	
Wk 4		17	18	19	20	21	22	23	Wk 5	16	17	18	19	20	21	22	Wk 1	22	23	24	25	26	27	28	Wk 2	22	23	24	x	26	27	28	
Wk 5		24	25	26	27	28	29	30	Wk 6	23	24	25	26	27	28	29	Wk 2	29	30						Wk 3	29	30	31					
Wk 6		31							Wk 1	30							Wk 2								Wk 4								

x = Food will not be delivered

Numbers to Know:

Delivery Line: (202) 269-6820

Contact Your Dietitian Today:

Rebecca: (202) 269-6885

Nicole: (202) 269-6876

Ashley: (202) 269-6898

Jenn: (202) 269-6879

Matt: (202) 269-6887

nutrition@foodandfriends.org

HDM Reheating Instructions:



Breakfast


Egg Patties, Sausage Patties, Muffins, Bread:

1. Remove from plastic container or bag
2. Transfer to microwave-safe dish.
3. Microwave for 30 seconds to 1 minute.

Waffles, English Muffins, Bagels:

1. Heat in toaster until lightly brown.

Important: Importante:



Notice:

Once Thawed/In Refrigerator eat within 3 days.
If frozen, follow "Use by" date on food label

Avisio:

Una vez descongelado/en el refrigerador,
consumir en un plazo de 3 días. Si está
congelado, sigue la fecha de "consumir antes
de" que aparece en la etiqueta del alimento.



Soup

Microwave:

1. Transfer soup to microwave-safe bowl.
2. Microwave on high until steaming (2 minutes).
3. Stir halfway through cooking

Stove Top:

1. Transfer soup into pot over medium-high heat
2. Stir occasionally
3. Continue cooking until soup is bubbling hot



Prepared Frozen Meals

Microwave:

1. Pull back corners of plastic covering.
2. Microwave for 2-3 minutes (will take longer if still frozen).
3. Stop the clock after 1 minute to stir food well.

Note:

Some food may take longer to cook. Cook until food is steaming.

DO NOT place plastic containers in the oven



Week 1

Breakfast

Bagels (2) with cream Cheese (2)
Hot Cereal Packets (4)
Milk Alternative
Whole Wheat Apple Almond Cake (1)

Lunch

Gemelli with Carrots, Peppers, & Black Beans with Tahini
Dressing
Soups (3)

Fruit

Fruit Cocktail
Fruit Bag- Assortment of three of the following:
Oranges, Apples, Pears, and Baby Carrots

Snack

Popcorn bag (1)
Whole grain Animal Crackers (2)
Fig newtons (3)
Applesauce (1)
Trail Mix (1)

Entree #1

Chicken Breast with Mandarin Orange Sauce
Roasted Sweet Potatoes
Italian Green Beans and Carrots

Entree #2

Santa Fe Chicken & Bean Chili
Brown Rice with Cilantro
Green Beans

Entree #3

Diced Chicken with Herb Gravy
Whole Wheat Pasta
Broccoli, Sliced Carrots, Sugar Snap Peas

Entree #4

Caribbean Black Bean Stew
Brown Rice and Quinoa
Green Beans, Carrots, Red Bell Pepper

Entree #5

Lemon Dill Fish Stew
Roasted Potatoes
Broccoli, Cauliflower, Carrots, Green Beans, Lima Beans

Entree #6

Curried Chickpea and Peas, Carrots, Onion, Zucchini, Green Beans
Seasoned Collard Greens
Carrot Chutney



Week 2

Breakfast

Blueberries (8 oz)
Turkey Sausage (2)
Egg Patties (6)
Hot Cereal (6)
English Muffins (4)

Lunch

Diced Chicken & Apple Salad
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag: Assortment of four of the following:
Apples, Pears, Oranges

Snack

Hummus (1)
Peanut Butter (1)
Sleeve of Crackers (1)
Fig Newtons (2)

Entree #1

Chicken with Garlic Butter Gravy
White Rice
Cut Green Beans

Entree #2

Honey Mustard Chicken Breast
Corn and Sweet Potatoes
Seasoned Collard Greens

Entree #3

Turkey Burger with Herb Brown Gravy
Brown Rice
Seasoned Diced Carrots

Entree #4

Beef Stew
Egg Noodles
Broccoli, Cauliflower, Carrot Blend

Entree #5

Italian Chicken and Gravy
Whole Wheat Pasta
Capri Vegetables

Entree #6

Salmon Fillet
White Bean Salad with Balsamic Dressing
Broccoli



Week 3

Breakfast

Milk Alternative
Whole Wheat bagel (2)
Cream Cheese (2)
Hot cereal (4)
Whole Wheat Blueberry Coffee Cake (1)

Lunch

Diced Chicken, Wild Rice, and Green Bean Salad
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag- Assortment of four of the following:
Apples, Pears, Oranges

Snack

Whole Grain Animal Crackers (2)
Fig newtons (3)
Popcorn (1)
Applesauce (1)
Tail Mix (1)

Entree #1

Sunshine Bowl: Quinoa, Chickpeas with Lemon Herb Sauce
Kale

Entree #2

Roasted Chicken Breast with Lime Sauce
Cauliflower Mash
Broccoli

Entree #3

Tofu and Egg Fried Rice
Sonoma Vegetable Blend: Broccoli, Carrots, Sugar Snap Peas

Entree #4

Caribbean Fish Stew
Brown Rice
Broccoli

Entree #5

Turkey Chili
Cornbread
Italian Green Beans and Carrots

Entree #6

Curried Diced Chicken and Carrot Salad
Basmati Rice
Edamame



Week 4

Breakfast

Blueberries 8 oz.
English Muffins (4)
Turkey Sausage (2)
Hot Cereal (4)
Tofu Egg Scramble (1)

Lunch

White Noodle Salad, Stir Fry Veg with Sesame Ginger Dressing,
Peanuts, and Edamame
Soups (3)

Fruit

Fruit Cocktail
Fruit Bag - Assortment of four of the following:
Oranges, Apples, Pears

Snack

Hummus (1)
Peanut Butter (1)
Small Box of Crackers (1)
Fig newtons (2)

Entree #1

Sesame Beef and Vegetables
Brown Rice
Broccoli

Entree #2

Chicken Stew
Diced Potatoes
Winter Broccoli and Cauliflower

Entree #3

Fennel Rice with Turkey & White Rice
Seasoned Cut Green Beans and Carrots

Entree #4

Vegetable Curry with Chickpeas, Coconut, and Cilantro
Basmati Rice
Collard

Entree #5

Chicken with Lemon Gravy
Gemelli
Broccoli, Cauliflower, Green Beans, and Lima Beans

Entree #6

Herb Chicken Salad with Artichokes and Gemelli
Sliced Apples with Cinnamon
Cut Green Beans



Week 5

Breakfast

Milk Alternative (1) Lactaid/plain soymilk
Hot cereal (4)
Whole Wheat Bagels (4)
Cream cheese packets (4)
Whole Wheat Almond Poppyseed Cake

Lunch

vegetables & Chickpea Salad with Creamy Lemon Dressing
Soups (3)

Fruit

Fruit Cocktail
Fruit Bag - Assortment of four of the following:
Apples, Pears, Oranges

Snack

Animal Crackers (1), Trail Mix (1), Apple Sauce (1), Mandarin
Orange Cup (2), Popcorn (1)

Entree #1

Turkey Teriyaki with Broccoli, Carrots, and Water Chestnuts
Brown Rice
Broccoli, Carrot, Pea Pods, Pepper, Baby Corn Vegetable Blend

Entree #2

Harvest Grain Bowl with Lentils and Mushrooms
Quinoa & Basmati, Lentils Blend
Broccoli, Yellow Carrots, Orange & Cauliflower

Entree #3

Diced Chicken with Lemon Pepper Sauce
Roasted Potatoes
Collards with Red Pepper

Entree #4

Caribbean Black Bean & Chicken Chili
Brown Rice & Quinoa Blend
Green Beans

Entree #5

Chicken Curry
Basmati Rice
Seasoned Cumin Carrots

Entree #6

Diced Chicken with Wild Rice
Rosemary Biscuit
Cauliflower, Broccoli, Carrots, Green Beans, & Lima Beans



Week 6

Breakfast

Fruit- mango/banana/pear (8 oz)
English Muffins (2)
Turkey Sausage (2)
Egg and Cheddar Baked Patties (4)
Hot Cereal (4)
Whole Wheat Bread (2 slices)
Chicken Salad (8 oz)

Lunch

Diced Chicken and Vegetable Blend Salad with Lemon Herb Dressing (3)
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag: Assortment of four of the following:
Apples, Pears, Oranges

Snack

Fig Newtons (2)
Hummus (1)
Saltine Crackers (1 pack)
Animal Crackers (1 pack)

Entree #1

Ground Turkey with Brown Gravy & Italian Seasoning
Whole Wheat Pasta-Rotini
Kale, Artichoke, and Italian Green Beans

Entree #2

Chicken with Tarragon Gravy
Grits
Seasoned Collards

Entree #3

Chickpea Chana Masala
Basmati Rice
Carrots, Zucchini, Onion, and Green Beans

Entree #4

Baked Salmon Cake with Cilantro Lime Dressing
Cilantro Wild Rice
Seasoned Cut Green Beans

Entree #5

Blackened Chicken Breast with Cajun Mustard Gravy
Plain Grits
Seasoned Diced Carrots

Entree #6

Southwest Bean and Chicken Wild Rice Salad
Green Beans and Roasted Red Peppers