



# Your Meal Plan is: Medically Balanced

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	Wk 6		Su	Mo	Tu	We	Th	Fr	Sa	Wk 1		Su	Mo	Tu	We	Th	Fr	Sa	Wk 2		Su	Mo	Tu	We	Th	Fr	Sa											
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# 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

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### Breakfast

Bagels (2) with Cream Cheese (2)

Hot Cereal packets (4)

32 oz. Milk

Whole Wheat Apple Almond Cake (1)

### Lunch

Gemelli with Carrots, Peppers, & Black Beans with Tahini

Dressing

Soups (3)

### Fruit

Fruit Cocktail (1)

Fruit Bag: Assortment of three of the following:

Oranges, Apples, Pears, and Baby Carrots

### Snack

Popcorn Bag (1)

Cheese Sticks (3)

Fig Newtons (3)

Trail Mix (1)

Apple sauce (1)

Whole grain animal crackers (1)

### Entree #1

Chicken Breast with Mandarin Orange Sauce

Roasted Sweet Potatoes

Italian Green Beans & Carrots

### Entree #2

Santa Fe Chicken & Bean Chili

Brown Rice with Cilantro

Green Beans

### Entree #3

Turkey Bolognese

Whole Wheat Pasta

Broccoli, Sliced Carrots, Sugar Snap Peas

### Entree #4

Caribbean Black Bean Stew

Brown Rice & 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

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### Breakfast

Blueberries (8 oz)  
Turkey Sausage (2)  
Egg Patties (6)  
Hot Cereal (4)  
Cheese Sticks (3)  
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 Cracker (1)  
Fig Newtons (2)

### Entree #1

White Bean Primavera  
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, and Carrot Blend

### Entree #5

Chicken Florentine  
Whole Wheat Pasta  
Capri Vegetables

### Entree #6

Salmon Fillet  
White Bean Salad with Balsamic Dressing  
Broccoli



## Week 3

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### Breakfast

Whole Wheat Bagel (2)  
Cream Cheese (2)  
Hot Cereal (4)  
Milk  
Whole Wheat Blueberry coffee cake

### 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

Cheese Sticks (3)  
Fig Newtons (3)  
Whole Grain Animal Crackers (1)  
Popcorn (1)  
Applesauce (1)  
Trail Mix (1)

### Entree #1

Sunshine Bowl: Quinoa, Chickpeas with Lemon Herb Sauce  
Kale

### Entree #2

Roasted Chicken Breast with Lime Sauce  
Mashed Sweet Potato  
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

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### **Breakfast**

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

### **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 Bag 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  
Collards

### **Entree #5**

White Bean and Kale Tuscan Stew  
Roasted Potatoes  
Broccoli, Cauliflower, Green Beans, and Lima Beans

### **Entree #6**

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



## Week 5

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### Breakfast

2% Milk (1)  
Hot Cereal (4)  
Whole Wheat Bagels (4)  
Cream cheese packets (4)  
Whole Wheat Almond Poppyseed Cake (1) 12 oz.

### 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

Cheese Sticks (3), Animal Crackers (1), Trail Mix (1), Apple Sauce (1), Mandarin Orange Cup (1), 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, Cauliflower, and Orange

### 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

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### Breakfast

Fruit- mango/banana/pear (8 oz)  
English Muffins (2)  
Turkey Sausage (2)  
Egg and Cheddar Baked Patties (4)  
Hot Cereal (4)  
Cheese Sticks (3)  
Whole Wheat Bread (2 slices)

### Lunch

White Bean and Vegetable (Malibu blend) Salad with Pesto 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)

### Entree #1

Turkey Rotini with Basil and Mozzarella  
Whole Wheat Pasta-Rotini  
Kale, Artichoke, and Italian Green Beans

### Entree #2

Chicken with Tarragon Gravy  
Mashed Sweet Potatoes  
Seasoned Collard

### 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  
Cheese Grits  
Seasoned Diced Carrots

### Entree #6

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