



Your Meal Plan is: Mild/Low Fiber

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 4						1	2	3	Wk 5				1	2	3	4	Wk 6					1	2	3	Wk 1						1	2			
Wk 5		4	5	6	7	8	9	10	Wk 6	5	6	7	8	9	10	11	Wk 1	4	5	6	7	8	9	10	Wk 2	3	4	5	6	7	8	9			
Wk 6		11	12	13	14	15	16	17	Wk 1	12	13	14	15	16	17	18	Wk 2	11	12	13	14	15	16	17	Wk 3	10	11	12	13	14	15	16			
Wk 1		18	19	20	21	22	23	24	Wk 2	19	20	21	22	23	24	25	Wk 3	18	19	20	21	22	23	24	Wk 4	17	18	19	20	21	22	23			
		25	26	27	28	29			Wk 3	26	x	28	29	30	31		Wk 4	25	26	27	28	29	30	31	Wk 1	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 2							1	2	Wk 3						1	Wk 5	1	x	3	4	5	6	7	Wk 6	1	2	3	4	5	6	7				
Wk 3		3	4	5	6	7	8	9	Wk 4	2	3	4	5	6	7	8	Wk 6	8	9	10	11	12	13	14	Wk 1	8	9	10	11	12	13	14			
Wk 4		10	11	12	13	14	15	16	Wk 5	9	10	11	12	13	14	15	Wk 1	15	16	17	18	19	20	21	Wk 2	15	16	17	18	19	20	21			
Wk 5		17	18	19	20	21	22	23	Wk 6	16	17	18	19	20	21	22	Wk 2	22	23	24	25	26	27	28	Wk 3	22	23	24	x	26	27	28			
Wk 6		24	25	26	27	28	29	30	Wk 1	23	24	25	26	27	28	29	Wk 3	29	30						Wk 1	29	30	31							
		31							Wk 1	30							Wk 2								Wk 2	29	30	31							

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

White Bread (4 slices) Cream Cheese (2)
Milk (32 oz.)
Cream of Wheat (4)
White Flour Apple Almond Cake (1)

Lunch

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

Fruit

Fruit Cocktail (2), 16 oz

Snack

Apple Sauce (2)
Cheese Sticks (3)
Fig Newtons (4)
Whole Grain Animal Crackers (1)

Entree #1

Chicken Breast with Mandarin Orange Sauce
Roasted Sweet Potatoes
Carrots

Entree #2

Chicken with Brown Gravy
White Rice with Cilantro
Green Beans

Entree #3

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

Entree #4

Diced Chicken with Tarragon Gravy
White Rice
Green Beans, Carrots, Red Bell Pepper

Entree #5

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

Entree #6

Curried Diced Chicken & Carrot Salad
Seasoned Collard Greens
Carrot Chutney



Week 2

Breakfast

Blueberries (8 oz)
White Bread (6 slices)
Turkey Sausage (2)
Egg Patties (6)
Cream of Wheat (4)
Cheese Sticks (3)

Lunch

Diced Chicken & Apple Salad
Soups (3)

Fruit

Fruit Cocktail, 16 oz (2)

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

Chicken Breast with Lemon Herb Sauce
Cauliflower Mash
Seasoned Diced Carrots

Entree #3

Turkey Burger with Herb Brown Gravy
White Rice
Seasoned Diced Carrots

Entree #4

Beef Stew
Egg Noodles
Broccoli, Cauliflower, Carrot Blend

Entree #5

Italian Chicken and Gravy
White Pasta
Capri Vegetables

Entree #6

Salmon Fillet
Basmati Rice
Broccoli



Week 3

Breakfast

Milk
White Bread (4)
Cream Cheese (2)
Cream of Wheat (4)
White Flour Blueberry coffee Cake (1)

Lunch

Diced Chicken White Rice and Green Bean Salad with
Balsamic Dressing
Soups (3)

Fruit

Fruit Cocktail (2) 16 oz

Snack

Cheese Sticks (3)
Fig Newtons (4)
Whole Grain Animal Crackers (1)
Applesauce (2)

Entree #1

Diced Chicken with Lemon Herb Sauce
White Rice
Ginger Carrots

Entree #2

Roasted Chicken Breast with Lime Sauce
Mashed Sweet Potato
Cut Green Beans

Entree #3

Tofu and Egg Fried Rice with White Rice and No Chili Garlic
Sauce
Sonoma Veg Blend: Broccoli, Carrots, Sugar Snap Peas

Entree #4

Caribbean Fish Stew
White Rice
Peas and Carrots

Entree #5

Southwest Turkey Stew with Vegetables
Cornbread
California Blend Carrots

Entree #6

Chicken Salad
Basmati Rice
Cut Green Beans



Week 4

Breakfast

Blueberries 8 oz.
White Bread (4 slices)
Turkey Sausage (2)
Cream of Wheat (4)
Tofu Egg Scramble (1)

Lunch

White Noodle Salad, Stir Fry Veg w/ Sesame Ginger Dressing,
NO PEANUTS, Edamame
Soups (3)

Fruit

Fruit Cocktail (1)
Canned Pineapple (1)

Snack

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

Entree #1

Sesame Beef and Vegetables
White Rice
Carrots

Entree #2

Chicken Stew
White Rice
Capri Veg (Yellow sq and Zucchini, and Carrots)

Entree #3

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

Entree #4

Chicken with Mushroom Gravy
Basmati Rice
Carrots

Entree #5

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

Entree #6

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



Week 5

Breakfast

2% Milk (1)
Cream of Wheat (4)
White Bread (4 slices/2 packs)
Cream cheese packets (4)
White Flour Almond Poppyseed Cake (1) 12 oz.

Lunch

Diced Chicken and Italian Vegetable Salad with Creamy
Lemon Dressing
Soups (3)

Fruit

Fruit Cocktail (2) 16 oz

Snack

Cheese Sticks (3), Animal Crackers (2), Apple Sauce (1),
Mandarin Orange Cup (2)

Entree #1

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

Entree #2

Lemon Tahini Chicken Bowl
White Rice
Broccoli, Yellow Carrots, Orange & Cauliflower

Entree #3

Diced Chicken with Lemon Pepper Sauce
Herbed White Rice
Carrots, Onions, Zucchini, & Green Beans

Entree #4

Turkey Burger with Gravy
White Rice
Green Beans

Entree #5

Chicken with Rosemary Gravy
Basmati Rice
Seasoned Cumin Carrots

Entree #6

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



Week 6

Breakfast

Fruit- mango/banana/pear (8 oz)
White Bread (6 slices)
Turkey Sausage (2)
Egg and Cheddar Baked Patties (4)
Cream of Wheat (4)
Cheese Sticks (3)

Lunch

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

Fruit

Fruit Cocktail (2)

Snack

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

Entree #1

Ground Turkey with Brown Gravy & Italian Seasoning
White Pasta
Peas and Carrots

Entree #2

Chicken with Tarragon Gravy
Mashed Sweet Potatoes
Diced Carrots

Entree #3

Chicken with Mushroom Gravy
Basmati Rice
Carrots, Zucchini, Onion, and Green Beans

Entree #4

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

Entree #5

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

Entree #6

Southwest Chicken, Carrot, and Green Bean Salad with Cilantro Lime Dressing
Green Beans and Roasted Red Peppers