



# Your Meal Plan is: No Beef/No Pork

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	
																										Wk 2	10	11	12	13	14	15	16
		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 2	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](mailto: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

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### Breakfast

bagels (2) with Cream Cheese (2) + Cereal Packets (4) + 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:  
Apples, Pears, Oranges, 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 Rotini  
Broccoli, Sliced Carrots, Sugar Snap Peas

### Entree #4

Caribbean Black Bean Stew  
Brown Rice and Quinoa  
Green Beans, Carrots, Summer Squash, 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, and Baby Carrots

### **Snack**

Hummus (1)  
Peanut Butter (1)  
Sleeve of Crackers (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**

Tofu Mushroom Stew  
Egg Noodles  
Broccoli, Cauliflower, Carrots

### **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 (1)  
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:  
Oranges, Apples, Pears

### Snack

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

### **Lunch**

White noodle Salad, Stir Fry Veg w/ Sesame Ginger Dressing,  
Peanuts, and Edamame  
Soups (3)

### **Fruit**

Fruit Cocktail (1)  
Fruit Bag - Assortment of four of the following:  
Oranges (4), Apples (4), Pears (4)

### **Snack**

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

### **Entree #1**

Sesame Tofu 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, 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

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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 pack)

### 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 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  
Cheese Grits  
Seasoned Diced Carrots

### Entree #6

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