



Your Meal Plan is: No Fish

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 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

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)

Applesauce (1)

Whole Grain Animal Crackers (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

Turkey Bolognese

Whole Wheat Pasta

Broccoli, Carrots, Sugar Snap Peas

Entree #4

Caribbean Black Bean Stew

Brown Rice and Quinoa

Green Beans, Carrots, Red Bell Pepper

Entree #5

Lemon Dill Chickpeas

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 (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 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

Beef Stew
Egg Noodles
Broccoli, Cauliflower, Carrots

Entree #5

Chicken Florentine
Whole Wheat Pasta
Capri Vegetables

Entree #6

Balsamic Tofu
White Bean Salad w/ Balsamic Dressing
Broccoli



Week 3

Breakfast

Whole Wheat bagel (2)
Cream Cheese (2)
Hot Cereal (4)
Milk (1)
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

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

Black Bean Stew with plantains, Winter Squash, and Sweet
Potato
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 (2)
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, 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

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

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

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

Vegetable Burger 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