



Your Meal Plan is: Vegetarian

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:

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

Veggie Burger with Mandarin Orange Sauce

Roasted Sweet Potatoes

Italian Green beans & carrots

Entree #2

White Bean Chili

Brown Rice with Cilantro

Green Beans

Entree #3

Vegetarian 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)
Veggie Sausage (2)
Egg Patties (6)
Hot Cereal (4)
Cheese Sticks (3)
English Muffins (4)

Lunch

Soy Chik'N Strip & 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 Crackers (1)
Fig Newtons (2)

Entree #1

White Bean Primavera
Cut Green Beans

Entree #2

Tofu with Honey Mustard
Corn and Sweet Potatoes
Seasoned Collard Greens

Entree #3

Black Bean Burger with Brown Gravy
Brown Rice
Seasoned Diced Carrots

Entree #4

Tofu Mushroom Stew
Egg Noodles
Broccoli, Cauliflower, Carrots

Entree #5

Italian Soy Chick'N
Whole Wheat Pasta
Capri Vegetables

Entree #6

Balsamic Tofu
White Bean Salad with Balsamic Dressing
Broccoli



Week 3

Breakfast

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

Lunch

Soy Chick'N, Wild Rice, and Roasted Mushrooms and Green Beans 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)
Trail Mix (1)
Whole Grain Animal Crackers (1)
Popcorn (1)
Applesauce (1)

Entree #1

Sunshine Bowl: Quinoa, Chickpeas with Lemon Herb Sauce
Kale

Entree #2

Soy Chik'N Strips with Lime Sauce
Mashed Sweet Potatoes
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 Potatoes
Broccoli

Entree #5

Bean Chili
Cornbread
Green Beans and Carrots

Entree #6

Soy Strip Chicken Salad
Basmati Rice
Edamame

Week 4

Breakfast

Blueberries 8 oz.
English Muffins (4)
Veg 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 (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 Tofu with Vegetables
Brown Rice
Broccoli

Entree #2

Veg Tofu Stew
Diced Potatoes
Winter Broccoli and Cauliflower

Entree #3

Cajun Red Beans and 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

Herbed Soy Chick'N and Artichoke Salad with Gemelli
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, and Oranges

Snack

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

Entree #1

Mushroom Teriyaki
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

Black Bean Burger with Lemon Pepper Sauce
Roasted Potatoes
Collards with Red Pepper

Entree #4

Caribbean Black Bean Chili
Brown Rice & Quinoa Blend
Green Beans

Entree #5

Tofu with Curry
Basmati Rice
Seasoned Cumin Carrots

Entree #6

Chik'N with Wild Rice Salad
Rosemary Biscuit
Cauliflower, Broccoli, Carrots, Green Beans, & Lima Beans



Week 6

Breakfast

Fruit- mango/banana/pear (8 oz)
English Muffins (2)
Vegetarian 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)
Animal Crackers (1 pack)

Entree #1

Portobello with Cheese and Tomato Sauce
Whole Wheat Pasta-Rotini
Kale, Artichoke, and Italian Green Beans

Entree #2

Mandarin Soy Strip Stir Fry
Mashed Sweet Potatoes
Seasoned Collard Greens

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

Red Beans and Rice
Cheese Grits
Seasoned Diced Carrots

Entree #6

Southwest Bean Salad
Green Beans and Roasted Red Peppers