



MAY 2008 SAN FRANCISCO CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>REG=Regular MSF=Mechanically Soft LFND=Low Fat/No Dairy VEG=Vegetarian BL=Bland DB=Diabetic</p> 	<p>Please make any dietary changes or cancellations before 9:00am. Client Services: 1-800-551-MEAL (6325) Menu Subject To Change Without Notice</p> 	<p>Project Open Hand is Now Offering a Diabetic Menu option. If you are interested in Receiving the Diabetic menu option (DB).</p> <p>Please Call Client Services to make the Change 415-447-2326</p> <p>Note: You must Stay on the Diabetic Meal for the Full Month</p>	<p>1</p> <p>REG/MSF: Andouille Turkey Sausage with Red Beans and Rice BL: Tilapia with Pear Sauce and Rice LFND: Grilled Pork Loin with Pear Sauce and Rice DB: Grilled Pork Loin with Pear Sauce VEG: Roasted Tofu with Red Beans and Rice</p>	<p>2</p> <p>REG/MSF: French Country Chicken with Toasted Barley BL: Roasted Pork Loin with Appesauce and Toasted Baley LFND: French Country Chicken with Toasted Barley DB: French Country Chicken VEG: Taco Bowls with Tempeh and Cheese</p>
<p>5 ~ ~ * ~ ~Cinco de Mayo ~ * ~ ~</p> <p>REG/MSF: Beef Goulash with Egg Noodles BL: Beef Tips with Mushrooms and Egg Noodles LFND: Beef Goulash with Egg Noodles DB: Beef Goulash VEG: Teriyaki Tofu with Egg Noodles</p>	<p>6</p> <p>REG/MSG: Italian Sausage with Peperonata and Polenta BL: Roasted Chicken Breast with Peach Sauce and Toasted Barley LFND: Roasted Chicken Breast with Peperonata and Toasted Barley DB: Roasted Chicken Breast with Peperonata VEG: Grilled Tofu with Peperonata and Polenta</p>	<p>7</p> <p>REG/MSF: Tilapia with Sweet and Sour Sauce and White/Wild Rice BL: Beef Hamburger with Mushroom Gravy and White/Wild Rice LFND: Tilapia with Sweet and Sour Sauce and White/Wild DB: Tilapia with Sweet and Sour Sauce VEG: Vegetarian Curry with Tempeh, Mango Chutney, and Coconut with White/Wild Rice</p>	<p>8</p> <p>REG/MSF: Steak and Cheese Piroshki BL: Tilapia with Apricot Sauce and Orzo LFND: Asian Glazed Pork Loin with Orzo DB: Asian Glazed Pork Loin VEG: Spinach and Cheese Piroshki</p>	<p>9</p> <p>REG/MSF: Spaghetti with Meat Sauce and Parmesan Cheese BL: Turkey Meatloaf with Glazed Applesauce and Yams LFND: Spaghetti with Meat Sauce DB: Spaghetti with Meat Sauce VEG: Pasta and Tomato Sauce with Tempeh and Parmesean Cheese</p>
<p>12</p> <p>REG/MSF: Beef Provencal with Toasted Barley BL: Roasted Chicken Breast with Mushroom Cream Sauce and Toasted Barley LFND: Beef Provencal with Toasted Barley DB: Beef Provencal VEG: Spinach Tortellini with Tomato Mushroom Sauce</p>	<p>13</p> <p>REG/MSF: Tilapia Fillets with Caper, Tomato and Olive Sauce and White/Wild Rice Pilaf BL: Roasted Pork Loin with Raisin Sauce and Orzo LFND: Tilapia Fillets with Caper and Tomato Sauce and White/Wild Rice Pilaf DB: Tilapia Fillets with Caper and Tomato Sauce VEG: Vegetarian Pot Pie with Biscuits and White/Wild Rice Pilaf</p>	<p>14</p> <p>REG/MSF: Beef Chili and Macaroni Casserole with Parmesan Cheese BL: Whitefish with Pear Sauce and Orzo LFND: Beef Chili and Macaroni Casserole DB: Beef Chili and Macaroni Casserole VEG: Grilled Tofu with Salsa and Orzo</p>	<p>15</p> <p>REG/MSF: Chicken Breast Marsala with Brown Rice BL: Pork Stew with Brown Rice LFND: Chicken Breast Marsala with Brown Rice DB: Chicken Breast Marsala VEG: Black Bean and Corn Chili with Brown Rice</p>	<p>16</p> <p>REG/MSF: Swedish Meatloaf with Brown Sauce and Egg Noodles BL: Beef Hamburger with Gravy and Egg Noodles LFND: Roasted Pork Loin with Apricot Sauce with Egg Noodles DB: Roasted Pork Loin with Apricot Sauce VEG: Vegetarian Lasagana</p>

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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
REG/MSF: Beef Stew with Egg Noodles BL: Roasted Chicken Breast with Gravy and Egg Noodles LFND: Beef Stew with Egg Noodles DB: Beef Stew VEG: Tandori Tofu with Egg Noodles	REG/MSF: Roasted Chicken Breast with Wild Mushroom Sauce and Orzo BL: Roasted Pork Loin with Pear Sauce and Orzo LFND: Roasted Chicken Breast with Wild Mushroom Sauce and Orzo DB: Roasted Chicken Breast with Wild Mushroom Sauce VEG: Mixed Vegetable Frittata	REG/MSG: Sicilian Sausage and Lentil Stew with Brown Rice BL: Beef Tips with Mushrooms and Brown Rice LFND: Grilled Pork Loin with Glazed Apple Sauce and Brown Rice DB: Grilled Pork Loin with Glazed Apple Sauce VEG: Roasted Tempeh with Mushroom Sauce and Brown Rice	REG/MSF: Whitefish with Thai Curry Sauce and Coconut Rice BL: Roasted Chicken with Apricot Sauce and White Rice LFND: Whitefish with Thai Curry Sauce and White Rice DB: Whitefish with Thai Curry Sauce VEG: Ratatouille with Tempeh and White Rice	REG/MSF: Mexican Meatloaf with Spanish Rice and Salsa Verde BL: Three Cheese Quiche LFND: Mexican Meatloaf with Spanish Rice and Salsa Verde DB: Mexican Meatloaf with Salsa Verde VEG: Scalloped Potatoe Casserole with Toasted Tempeh
26	27	28	29	30
~ ~ MEMORIAL DAY ~ ~ REG/MSF: Beef Stroganoff with Egg Noodles BL: Beef Stew and Egg Noodles LFND: Beef in Dill Sauce with Egg Noodles DB: Beef in Dill Sauce VEG: Tofu Alfredo with Egg Noodles	REG/MSF: Breaded Fish Fillets with Mashed Potatoes BL: Breaded Fish Fillets with Brown Rice LFND: Breaded Fish Fillets with Brown Rice DB: Breaded Fish Fillets VEG:	REG/MSF: Macaroni and Cheese BL: Roasted Pork Loin with Apricot Sauce and Toasted Barley LFND: Chicken Breast with Sweet and Sour Sauce and Toasted Barley DB: Chicken Breast with Sweet and Sour Sauce VEG: Macaroni and Cheese	REG/MSF: Cajun Turkey Meatloaf with Applesauce and Scalloped Potatoes BL: Beef Meatloaf with Mushroom Gravy LFND: Cajun Turkey Meatloaf with Applesauce and Yams DB: Cajun Turkey Meatloaf with Applesauce VEG: Mixed Vegetables Frittata	REG/MSF: Baked Whitefish with Creole Sauce and Egg Noodles BL: Baked Whitefish with Pear Sauce and Egg Noodles LFND: Baked Whitefish with Italian Red Sauce and Egg Noodles DB: Baked Whitefish with Italian Red Sauce VEG: Grilled Tofu with Italian Red Sauce and Egg Noodles

Nutritional Fact:

Beverages are often consumed without regard to their caloric value, and they sure can add up and contribute to unwanted, excess calorie intake. Beverages are often high in calories and sugar, but low in fiber and don't provide satiety. This means beverages don't satisfy our appetite like foods with more substance. Foods with more substance include fruits and vegetables.

To illustrate how the calories can stack up see below:

8 oz. Orange juice – 120 calories 12 oz. Soda - 150 - calories 2 beers - 300 calories Coffee with cream and 3 tsp sugar - 90 calories
 Total 660 calories

Solutions: Eat whole fruits rather than fruit juices

Switch to diet sodas or sparkling water rather than regular sodas

Drink water to quench thirst

Be aware of portion sizes. Sodas at fast food restaurants and movie theatres are often 24 to 35 ounces. At about 12 calories per ounce that is 288 – 420 calories.