



Project Open Hand

NOVEMBER 2015 WELLNESS MENU

Note: Meals are subject to change without notice

Contact Us

Call 800-551-6325
or 415-447-2326

Email
ClientServices@OpenHand.org

2-Nov Black Bean & Corn Chili Whole Wheat Pasta Cauliflower	3-Nov Chipotle Chicken Brown Rice Steamed Carrots	4-Nov Beef Pepperonata Whole Wheat Pasta Broccoli	5-Nov Pork Stew Provencale Creamy Barley Green Beans	6-Nov Salmon w/ Tomato Herb Sauce Quinoa Cauliflower
9-Nov Chicken Cacciatore Stew Whole Wheat Pasta Zucchini	10-Nov Teriyaki flounder Asian Vegetables Brown Rice	11-Nov Mongolian Beef Brown Rice Cauliflower	12-Nov Chicken Thighs w/ Tomato Herb Sauce Creamy Barley Peas & Carrots	13-Nov Pork Loin Chop Kale & Black Eyed Peas Quinoa
16-Nov Salisbury Steak w/ Mushroom Sauce Whole Wheat Pasta Peas	17-Nov Chicken & Sausage Gumbo Brown Rice Corn	18-Nov Baked flounder w/ Basil Sauce Orzo Pilaf Peas	19-Nov Roast Turkey Breast Wild Rice Stuffing Carrots	20-Nov BBQ Beef Mashed Potatoes Zucchini
23-Nov Sesame Chicken Brown Rice Asian Blend Vegetables	24-Nov Sicilian Pork & Lentil Stew Creamy Barley Green Beans	25-Nov Roast Turkey w/ Mushroom Gravy Whole Wheat Stuffing Carrots	26-Nov Roast Turkey w/ Mushroom Gravy Whole Wheat Stuffing Carrots	27-Nov Roast Beef w Mushroom Gravy Mashed Sweet Potatoes Green Beans
30-Nov Whole Wheat Pasta Primavera Sauce				