








FEBRUARY 2012 SAN FRANCISCO




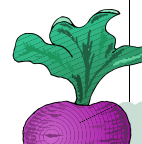
** MENU SUBJECT TO CHANGE WITHOUT NOTICE **

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Project Open Hand meals with love</p>	<p>REG = Regular MSF = Mechanically Soft LFND = Low Fat/No Dairy VEG = Vegetarian BL = Bland DB = Diabetic</p> 	<p>1 REG/MSF:</p> <p>Rotini w/ Sausage, White Bean, Tomato & Fennel Stew</p> <p>BL: Roasted Chicken Breast w/ Mushroom Sauce & Pasta</p> <p>LFND: Tilapia w/ Italian-Style Sauce & Pasta</p> <p>DB: Tilapia w/ Italian-Style Sauce</p> <p>VEG: Cheese Quiche</p>	<p>2 REG/MSF:</p> <p>Chicken N' Biscuits</p> <p>BL: Hamburger w/ Savory Gravy & Orzo</p> <p>LFND: Chicken Stew w/ Orzo</p> <p>DB: Chicken Stew</p> <p>VEG: Vegetarian Pot-Pie w/ Biscuits</p>	<p>3 REG/MSF:</p> <p>Roasted Pork Loin w/ Brown Sauce & Egg Noodles</p> <p>BL: Pork Stew w/ Egg Noodles</p> <p>LFND: Glazed Ham w/ Pineapple Sauce & Egg Noodles</p> <p>DB: Glazed Ham w/ Pineapple Sauce</p> <p>VEG: Roasted Vegetable Frittata</p> 
		<p>6 REG/MSF:</p> <p>Tilapia w/ Sweet & Sour Sauce w/ White Rice</p> <p>BL: Roasted Chicken Breast w/ Mushroom Gravy & White Rice</p> <p>LFND: Tilapia w/ Sweet & Sour Sauce w/ White Rice</p> <p>DB: Tilapia w/ Sweet & Sour Sauce</p> <p>VEG: Roasted Tofu w/ Sweet & Sour Sauce & White Rice</p> 	<p>7 REG/MSF:</p> <p>Roasted Chicken Breast with Creole Sauce & Brown Rice</p> <p>BL: Beef Stew w/ Brown Rice</p> <p>LFND: Roasted Chicken Breast with Creole Sauce & Brown Rice</p> <p>DB: Roasted Chicken Breast with Creole Sauce</p> <p>VEG: Curried Vegetables w/ Tempeh & Brown Rice</p> 	<p>8 REG/MSF:</p> <p>Macaroni & Cheese</p> <p>BL: Roasted Pork Loin w/ Pear Sauce and Orzo</p> <p>LFND: Roasted Pork Loin w/ Spiced Apple Sauce & Orzo</p> <p>DB: Roasted Pork Loin w/ Spiced Apple Sauce & Orzo</p> <p>VEG: Macaroni & Cheese</p>
<p>13 REG/MSF:</p> <p>Beef Stew with Egg Noodles</p> <p>BL: Roasted Hamburger Steak w/ Mushroom Gravy & Egg Noodles</p> <p>LFND: Beef Stew with Egg Noodles</p> <p>DB: Beef Stew</p> <p>VEG: Cheese Quiche</p> 	<p>14 REG/MSF:</p> <p>Andouille Turkey Sausage w/ Red Beans & Brown Rice</p> <p>BL: Pork Stew w/Brown Rice</p> <p>LFND: Catfish w/ with Tomato Salsa and Brown Rice</p> <p>DB: Catfish with Tomato Salsa</p> <p>VEG: Grilled Tofu w/ Tomato Salsa & Brown Rice</p>	<p>15 REG/MSF:</p> <p>Breaded Fish Fillets w/ Au Gratin Potatoes</p> <p>BL: Cheese Quiche</p> <p>LFND: Breaded Fish Fillets with Toasted Barley</p> <p>DB: Breaded Fish Fillets</p> <p>VEG: Cheese Ravioli w/ Creamy Pesto</p>	<p>16 REG/MSF:</p> <p>Chicken Paprikash w/ Egg Noodles</p> <p>BL: Roasted Chicken Breast w/ Savory Gravy</p> <p>LFND: Roasted Chicken Breast w/ Red Bell Pepper Sauce & Egg Noodles</p> <p>DB: Roasted Chicken Breast w/ Red Bell Pepper Sauce</p> <p>VEG: Roasted Tempeh w/ Red Bell Pepper Sauce & Egg Noodles</p>	<p>17 REG/MSF:</p> <p>Beef Meatloaf w/ Tomato Glaze & Mashed Potato</p> <p>BL: Roasted Pork Loin w/ Applesauce & Yams</p> <p>LFND: Beef Meatloaf w/ Tomato Glaze & Yams</p> <p>DB: Beef Meatloaf w/ Tomato Glaze</p> <p>VEG: Ratatouille w/ Tempeh & Feta Cheese</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>REG/MSF: French Country Chicken Breast w/ Egg Noodles</p> <p>BL: Pork Stew w/ Egg Noodles</p> <p>LFND: French Country Chicken Breast w/ Egg Noodles</p> <p>DB: French Country Chicken Breast</p> <p>VEG: Roasted Tempeh w/ Thai Peanut Sauce & Egg Noodles</p>	<p>21</p> <p>REG/MSF: Cuban Beef and Black Bean Chili w/ Pepper Jack Cheese & Spanish Rice</p> <p>BL: Breaded Fish Fillets with Brown Rice</p> <p>LFND: Cuban Beef and Black Bean Chili w/ Spanish Rice</p> <p>DB: Cuban Beef and Black Bean Chili</p> <p>VEG: Roasted Vegetable Frittata</p>	<p>22</p> <p>REG/MSF: Macaroni & Cheese</p> <p>BL: Cheese Ravioli w/ Alfredo Sauce</p> <p>LFND: Glazed Ham w/ Pineapple Sauce & Toasted Barley</p> <p>DB: Glazed Ham w/ Pineapple Sauce</p> <p>VEG: Macaroni & Cheese</p>	<p>23</p> <p>REG/MSF: Sicilian Sausage and Lentil Stew with Brown Rice</p> <p>BL: Beef Meatloaf w/ Mushroom Gravy & Brown Rice</p> <p>LFND: Roasted Chicken Breast w/ Mushroom Sauce & Brown Rice</p> <p>DB: Roasted Chicken Breast w/ Mushroom Sauce</p> <p>VEG: Roasted Tofu w/ Mushroom Sauce & Brown Rice</p>	<p>24</p> <p>REG/MSF: Spaghetti w/ Homemade Italian Meatballs, Tomato-Garlic Sauce & Parmesan</p> <p>BL: Roasted Chicken Breast w/ Peach Sauce & Pasta</p> <p>LFND: Spaghetti w/ Homemade Italian Meatballs, Tomato-Garlic Sauce</p> <p>DB: Spaghetti w/ Homemade Italian Meatballs, Tomato-Garlic Sauce</p> <p>VEG: Spaghetti w/ Tomato Sauce, Tempeh & Parmesan</p> 
<p>27</p> <p>REG/MSF: Tilapia w/ Teriyaki Glaze & White Rice</p> <p>BL: Roasted Pork Loin w/ Savory Gravy & White Rice</p> <p>LFND: Tilapia w/ Teriyaki Glaze and White Rice</p> <p>DB: Tilapia w/ Teriyaki Glaze</p> <p>VEG: Curried Vegetables w/ Tempeh and White Rice</p>	<p>28</p> <p>REG/MSF: Roasted Chicken Breast w/ Tomato & Fresh Herb Sauce & Polenta</p> <p>BL: Catfish w/ Pear Sauce & Orzo</p> <p>LFND: Roasted Chicken Breast w/ Tomato & Fresh Herb Sauce w/ Orzo</p> <p>DB: Roasted Chicken Breast w/ Tomato & Fresh Herb Sauce</p> <p>VEG: Grilled Tofu w/ Tomato & Fresh Herb Sauce w/ Polenta</p>	<p>29</p> <p>REG/MSF: Beef Chili and Macaroni Casserole w/ Parmesan Cheese</p> <p>BL: Roasted Chicken Breast w/ Mushroom Sauce</p> <p>LFND: Beef Chili and Macaroni Casserole</p> <p>DB: Beef Chili and Macaroni Casserole</p> <p>VEG: Polenta Casserole</p>	<p>Project Openhand is now offering a Diabetic Menu option!</p> <p>If you are interested in receiving the Diabetic Menu option (DB), please call Client Services to make the change at 415.447.2326.</p> <p>Note: You must stay on the Diabetic meal for the full month. Please make any dietary changes or cancellations before 9:00 am. Call Client Services at : 1-800-551-MEAL (6325)</p> <p>Menu Subject To Change Without Notice</p>   	

CHEF'S CORNER

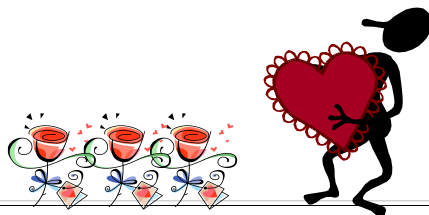
Dear Clients,

Won't you be our valentine? We're waiting by the phone (and computer), if there's anything you want to share with us about your meals.

Call or leave us a message at 415.447.2374 or email us at Kitchen@Openhand.org.

With love,

Your Chefs at POH

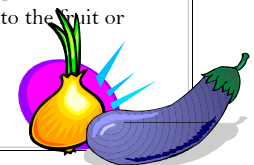


Tips for Cleaning Fruits and Vegetables

From: FDA Consumer Health Information/U.S. Food and Drug Administration

As we know from recent foodborne outbreaks, fruits and vegetables can pose a risk for foodborne illness. The FDA advises following these recommendations:

- Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas before preparing and eating.
- Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.
- Wash produce before you peel or cut it so dirt and bacteria aren't transferred from the knife onto the fruit or veggie.
- Use a vegetable brush to scrub firm produce, such as melons and cucumbers.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Throw away the outer most leaves of a head of lettuce or cabbage.



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