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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
WELLNESS Chicken Chili Brown Rice Cauliflower	WELLNESS Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Cauliflower & Carrots	WELLNESS Pork & Chickpea Stew Brown Rice Garden Mixed Veg	WELLNESS Garlic-Herb Chicken Eggplant Mushroom Sauce Whole Wheat Rotini Garden Mixed Veg	WELLNESS Cod Filet Dijon Sauce Brown Rice Lentil Tomato Ragout	WELLNESS Chicken & Broccoli Whole Wheat Rotini Root Vegetables	WELLNESS Beef Fajita Stew Brown Rice Carrots
VEGETARIAN Southwest Tofu Creamy Tomatillo Brown Rice Three Bean Hominy Hash	VEGETARIAN Eggplant Parmesan Marinara Sauce Whole Wheat Rotini Peas & Carrots	VEGETARIAN Savory Tempeh Vegetable Jambalaya Brown Rice	VEGETARIAN Black Bean Chili Patty Eggplant Mushroom Sauce Multi Grain Orzo	VEGETARIAN Artichoke Frittata Garlic Confit Whole Wheat Rotini Lentil Tomato Ragout	VEGETARIAN Orange Tofu & Edamame Whole Wheat Rotini Garlic Confit Root Vegetables	VEGETARIAN Vegetarian MuShu Tofu Garlic Confit Brown Rice Peas and Carrots
BLAND Chicken Breast Eggplant Zucchini Sauté White Rice w/Herbs	BLAND Turkey Mushroom Ragu Herb Sauce White Egg Noodle Carrots	BLAND Beef Tempeh Lasagna Basil Pesto Sauce Yellow Zucchini	BLAND Pork Stew w/Raisins White Rice Pilaf Capri Mixed Veg	BLAND Cod Filet Creamy Tofu Veg Stew White Egg Noodle Carrots	BLAND Turkey Eggplant Torta Orzo Green Beans	BLAND Yogurt Herb Chicken Mushroom Alfredo Sauce White Rice w/Herbs Capri Mixed Veg
ESR Chicken Chili Brown Rice Garlic Confit Cauliflower	ESR Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Peas	ESR Pork & Chickpea Stew Creamy Tomatillo White Rice Garden Mixed Veg	ESR Blackened Chicken Breast Eggplant Mushroom Sauce Orzo	ESR Salmon Fish Cake Creamy Tofu Veg Stew White Egg Noodle	ESR Chicken Broccoli & Cheddar Casserole Whole Wheat Rotini Garlic Confit Root Vegetables	ESR Beef Fajita Stew Brown Rice Vegetable Marinade Peas & Carrots
CK3 Southwest Tofu Creamy Tomatillo White Rice w/Herbs Three Bean Hominy Hash	CK3 Turkey Mushroom Ragu Herb Sauce White Egg Noodle Carrots	CK3 Pork & Chickpea Stew Creamy Tomatillo Brown Rice Garden Mixed Veg	CK3 Black Bean Chili Patty Eggplant Mushroom Sauce Garlic Confit White Rice Pilaf	CK3 Salmon Fish Cake Lentil Tomato Ragout White Egg Noodle	CK3 Orange Tofu & Edamame Whole Wheat Rotini Garlic Confit Root Vegetables	CK3 Beef Fajita Stew Garlic Confit White Rice w/Herbs Peas and Carrots
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
WELLNESS Singapore Pork Curry Sesame Brown Rice Broccoli	WELLNESS Garlic Herb Chicken Marsala Sauce Mashed Russet Broccoli & Carrots	WELLNESS Beef & Barley Stew Peas & Carrots	WELLNESS Turkey Meatball Zesty Tomato Sauce Cheddar Grits Carrots	WELLNESS Cod Filet Green Curry Sauce Brown Rice Root Vegetables	WELLNESS Macanese Chicken Herbed Bulgur Green Beans & Peppers	WELLNESS Mustard Glazed Thigh Multi Grain Orzo Artichoke Ragout
VEGETARIAN Singapore Tofu Curry Sesame Brown Rice Broccoli	VEGETARIAN Tofu Mushroom Adobo Garlic Confit Whole Wheat Rotini Garbanzo & Veg Stew	VEGETARIAN Barley RedBean Burger Chipotle Chili Gravy Barley Peas and Carrots	VEGETARIAN Cajun Tofu w/Red Beans Brown Rice Garlic Confit Peas	VEGETARIAN Tempeh Burrito Casserole Root Vegetables	VEGETARIAN Tempeh Cauli Patty Parsley & Cilantro Herb Sauce Herbed Bulgur Green Beans & Peppers	VEGETARIAN Curried Tofu Pumpkin Puree Multi Grain Orzo Garden Mixed Veg
BLAND Baked Salmon Cream Of Celery Sauce Orzo Root Veg Hash	BLAND Chicken Stew Mashed Parsnips Yellow Zucchini	BLAND Beef Rosemary Stew White Rice Green Beans	BLAND Cod Filet Tofu & Zucchini Sauté White Egg Noodle Carrots	BLAND Turkey Patty Mushroom Gravy White Egg Noodle Butternut Squash	BLAND Chicken Breast Squash Cheese Sauce White Rice Pilaf Green Beans	BLAND Pork Tofu Veg Stew White Egg Noodle Capri Mixed Veg
ESR Singapore Pork Curry Sesame Brown Rice Broccoli	ESR Garlic Herb Chicken Cream Of Celery Sauce Whole Wheat Rotini Garbanzo & Veg Stew	ESR Beef Rosemary Stew White Rice Peas and Carrots	ESR Turkey Meatball Zesty Tomato Sauce Cheddar Grits	ESR Turkey w/Herbs Green Curry Sauce Brown Rice Garlic Confit Root Vegetables	ESR Macanese Chicken White Rice Pilaf Green Beans & Peppers	ESR Mustard Glazed Thigh Pumpkin Puree Garlic Confit White Egg Noodle
CK3 Singapore Tofu Curry Sesame Brown Rice Root Veg Hash	CK4 Tofu Mushroom Adobo Whole Wheat Rotini Garlic Confit Garbanzo & Veg Stew	CK5 Beef & Barley Stew Barley Cooked Vegetable Marinade Peas and Carrots	CK6 Cajun Tofu w/Red Beans Garlic Confit Cheddar Grits Peas	CK7 Salmon Fish Cake Green Curry Sauce Brown Rice Garden Mixed Veg	CK8 Macanese Chicken White Rice Pilaf Green Beans & Peppers	CK9 Curried Tofu Pumpkin Puree White Egg Noodle Garden Mixed Veg

JANUARY 2024 Wellness Menu						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29-Jan	30-Jan	31-Jan	<div><div><div></div><div>Project Open Hand</div><div>meals with love</div></div><div><div></div><div>Project Open Hand</div><div>meals with love</div></div></div> <div><div><div><h2>PROJECT OPEN HAND</h2><h2>LUNCH MENU</h2><p>Fernanda Nunes, RD at Project Open Hand</p><div><div>All about Fats</div><p>Our food is made up of three macronutrients: carbohydrates, proteins and fats. Fats play critical roles in our health. It is recommended to have 25-35% of one’s daily calories come from fat, based on your own needs. Fats are needed for the absorption and transport of fat-soluble vitamins (vitamins A, D, E and K), to build hormones, to regulate body temperature, and other important functions. However, not all fat is the same.</p><p>Foods high in saturated fats include butter, beef, pork, bacon, poultry skin, full fat dairy (milk, yogurt, and cheese), coconuts, and palm oil. Saturated fats should be limited because, when consumed in excess, they can elevate "bad" cholesterol. It is recommended that one’s daily intake of saturated fat remains below 10% of daily caloric intake.</p><p>Regular consumption of unsaturated fats can decrease “bad” cholesterol and increase “good” cholesterol, decreasing risk of heart attack and stroke. Because of this, aim to get most of your fat from unsaturated types.</p><p>Unsaturated fats can be broken down into two different types: monounsaturated and polyunsaturated. Foods that are high in monounsaturated fats include oils such as olive, canola and sesame, and foods such as avocados, peanuts, almonds, pumpkin seeds and sesame seeds. Polyunsaturated fats can be found in sunflower, corn, soybean, canola and flaxseed oils, walnuts, flax seeds, sunflower seeds, fatty fish, and tofu.</p><p>Two main types of polyunsaturated fats are omega-3 and omega-6 fatty acids. Omega-3 are found in flaxseed, walnuts, chia seeds, soybean oil, algae and fatty fish. Omega-6 are found in safflower oil, sunflower oil, sesame oil, corn oils, canola oil, walnuts, sunflower seeds, tofu, and eggs.</p><p>Omega-3 and omega-6 are considered ‘essential fatty acids’ because they can’t be produced by the body, you must get them from food. They are both important for heart health, cell structure and cell growth. They are also involved with the body’s inflammatory response. Additionally, omega-3 is important for optimal brain function.</p><p>Lastly, trans fats are the type of fat that we want to avoid. These do not occur naturally, but instead are made industrially. Their intake is associated with raising cholesterol and increasing one’s risk of heart disease and stroke. These can be found in processed foods (such as cakes, cookies, and shortening) that list partially hydrogenated oils in the ingredients. The good news is that California has banned trans fats from distribution and use, and they are much less common in our food supply now.</p></div></div></div></div>			
WELLNESS Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Broccoli & Carrots	WELLNESS Pork Mole Brown Rice Roasted Sweet Potato	WELLNESS Balsamic Chicken Quinoa & Brown Rice Ratatouille				
VEGETARIAN Tomato Eggplant Bake Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg	VEGETARIAN Tofu Sweet Potato Hash Red Mole Sauce Brown Rice	VEGETARIAN Bullion Seasoned Tempeh Quinoa & Brown Rice Ratatouille				
BLAND Turkey & Veg Frittata Orzo & Herb Pilaf Green Beans	BLAND Pork & Potato Stew White Rice Sweet Potatoes	BLAND Chicken Breast Squash Puree w/Veg White Egg Noodle Green Beans				
ESR Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg	ESR Pork Mole White Rice Carrots	ESR Balsamic Chicken Quinoa & Brown Rice Ratatouille				
CK3 Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg w/ Garlic	CK3 Pork Mole White Rice Roasted Sweet Potato	CK3 Balsamic Chicken Squash Puree w/Veg Garlic Confit White Egg Noodle				