JANUARY 2024 Wellness Menu

	Project Open Hand meals with love
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
WELLNESS Chicken Chili	WELLNESS Poof & Turkey Mootloof	WELLNESS Pork & Chicknes Stow	WELLNESS Garlic-Herb Chicken	WELLNESS Cod Filet	WELLNESS Chicken & Broccoli	WELLNESS Poof Faiita Stow
Brown Rice	Beef & Turkey Meatloaf Marinara Sauce	Pork & Chickpea Stew Brown Rice	Eggplant Mushroom Sauce	Dijon Sauce	Whole Wheat Rotini	Beef Fajita Stew Brown Rice
Cauliflower	Whole Wheat Rotini	Garden Mixed Veg	Whole Wheat Rotini	Brown Rice	Root Vegetables	Carrots
Gadiniowei	Cauliflower & Carrots	Garden Mixed Veg	Garden Mixed Veg	Lentil Tomato Ragout	Noot vegetables	Canots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Southwest Tofu	Eggplant Parmesan	Savory Tempeh	Black Bean Chili Patty	Artichoke Frittata	Orange Tofu & Edamame	Vegetarian MuShu Tofu
Creamy Tomatillo	Marinara Sauce	Vegetable Jambalaya	Eggplant Mushroom Sauce	Garlic Confit	Whole Wheat Rotini	Garlic Confit
Brown Rice	Whole Wheat Rotini	Brown Rice	Multi Grain Orzo	Whole Wheat Rotini	Garlic Confit	Brown Rice
Three Bean Hominy Hash	Peas & Carrots			Lentil Tomato Ragout	Root Vegetables	Peas and Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast	Turkey Mushroom Ragu	Beef Tempeh Lasagna	Pork Stew w/Raisins	Cod Filet	Turkey Eggplant Torta	Yogurt Herb Chicken
Eggplant Zucchini Sauté	Herb Sauce	Basil Pesto Sauce	White Rice Pilaf	Creamy Tofu Veg Stew	Orzo	Mushroom Alfredo Sauce
White Rice w/Herbs	White Egg Noodle Carrots	Yellow Zucchini	Capri Mixed Veg	White Egg Noodle Carrots	Green Beans	White Rice w/Herbs Capri Mixed Veg
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Chicken Chili	Beef & Turkey Meatloaf	Pork & Chickpea Stew	Blackened Chicken Breast	Salmon Fish Cake	Chicken Broccoli & Cheddar Casserol	Beef Fajita Stew
Brown Rice	Marinara Sauce	Creamy Tomatillo	Eggplant Mushroom Sauce	Creamy Tofu Veg Stew	Whole Wheat Rotini	Beet Fajita Stew Brown Rice
Garlic Confit	Whole Wheat Rotini	White Rice	Orzo	White Egg Noodle	Garlic Confit	Vegetable Marinade
Cauliflower	Peas	Garden Mixed Veg	0120	Write Egg (Voodle	Root Vegetables	Peas & Carrots
CK3	CK3	CK3	CK3	СКЗ	CK3	CK3
Southwest Tofu	Turkey Mushroom Ragu	Pork & Chickpea Stew	Black Bean Chili Patty	Salmon Fish Cake	Orange Tofu & Edamame	Beef Fajita Stew
Creamy Tomatillo	Herb Sauce	Creamy Tomatillo	Eggplant Mushroom Sauce	Lentil Tomato Ragout	Whole Wheat Rotini	Garlic Confit
White Rice w/Herbs	White Egg Noodle	Brown Rice	Garlic Confit	White Egg Noodle	Garlic Confit	White Rice w/Herbs
Three Bean Hominy Hash	Carrots	Garden Mixed Veg	White Rice Pilaf	00	Root Vegetables	Peas and Carrots
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Singapore Pork Curry	Garlic Herb Chicken	Beef & Barley Stew	Turkey Meatball	Cod Filet	Macanese Chicken	Mustard Glazed Thigh
Sesame Brown Rice	Marsala Sauce	Peas & Carrots	Zesty Tomato Sauce	Green Curry Sauce	Herbed Bulgur	Multi Grain Orzo
Broccoli	Mashed Russet		Cheddar Grits	Brown Rice	Green Beans & Peppers	Artichoke Ragout
	Broccoli & Carrots		Carrots	Root Vegetables		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Singapore Tofu Curry	Tofu Mushroom Adobo	Barley RedBean Burger	Cajun Tofu w/Red Beans	Tempeh Burrito Casserole	Tempeh Cauli Patty	Curried Tofu
Sesame Brown Rice	Garlic Confit	Chipotle Chili Gravy	Brown Rice	Root Vegetables	Parsley & Cilantro Herb Sauce	Pumpkin Puree
Broccoli	Whole Wheat Rotini	Barley	Garlic Confit		Herbed Bulgur	Multi Grain Orzo
BLAND	Garbanzo & Veg Stew BLAND	Peas and Carrots BLAND	Peas BLAND	BLAND	Green Beans & Peppers BLAND	Garden Mixed Veg BLAND
Baked Salmon	Chicken Stew	Beef Rosemary Stew	Cod Filet	Turkey Patty	Chicken Breast	Pork Tofu Veg Stew
Cream Of Celery Sauce	Mashed Parsnips	White Rice	Tofu & Zucchini Sauté	Mushroom Gravy	Squash Cheese Sauce	White Egg Noodle
Orzo Root Veg Hash	Yellow Zucchini	Green Beans	White Egg Noodle Carrots	White Egg Noodle	White Rice Pilaf	Capri Mixed Veg
ESR	ESR	ESR	ESR	Butternut Squash ESR	Green Beans ESR	ESR
Singapore Pork Curry	Garlic Herb Chicken	Beef Rosemary Stew	Turkey Meatball	Turkey w/Herbs	Macanese Chicken	Mustard Glazed Thigh
Sesame Brown Rice	Cream Of Celery Sauce	White Rice	Zesty Tomato Sauce	Green Curry Sauce	White Rice Pilaf	Pumpkin Puree
Broccoli	Whole Wheat Rotini	Peas and Carrots	Cheddar Grits	Brown Rice	Green Beans & Peppers	Garlic Confit
Dioccoli	Garbanzo & Veg Stew	i eas and Canots	Oneddai Onto	Garlic Confit Root Vegetables	Orden Deans & Leppers	White Egg Noodle
CK3	CK4	CK5	CK6	CK7	CK8	CK9
Singapore Tofu Curry	Tofu Mushroom Adobo	Beef & Barley Stew	Cajun Tofu w/Red Beans	Salmon Fish Cake	Macanese Chicken	Curried Tofu
Sesame Brown Rice	Whole Wheat Rotini	Barley Cooked	Garlic Confit	Green Curry Sauce	White Rice Pilaf	Pumpkin Puree
Root Veg Hash	Garlic Confit	Vegetable Marinade	Cheddar Grits	Brown Rice	Green Beans & Peppers	White Egg Noodle
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JANUARY 2024 Wellness Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Balsamic Chicken Breast	Beef Stew	Spiced Chicken Thigh	BBQ Pork Stew	Turkey Meatloaf	Baked Salmon	Smokey Chicken Stew
Couscous & Quinoa	Brown Rice	Salsa Verde	Quinoa & Edamane	Sage Gravy	Brown Rice	Multi Grain Orzo
Creole Vegetables		Ancient Grains& Kale/ Succotash	Broccoli	Parsnips & Potato/Garden Mixed Veg	Artichoke Provencal	Brussel Sprouts
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Cauli Patty	White Bean Spinach Casserole	Southwest Tofu	Lentil Casserole	Zucchini & Pepper Frittata	Tofu Burger	Balsamic Portobello
Green Herb Sauce	Pumpkin Seed Sauce	Salsa Verde	Quinoa & Edamame	Basil Pesto Sauce	Artichoke Ragout	Lentil Tempeh Sloppy Joe
Couscous & Quinoa	Peas & Carrots	Brown Rice	Broccoli	Whole Wheat Rotini	Brown Rice	Multi Grain Orzo
	Feas & Carrois		Bioccoli		BIOWII RICE	
Creole Vegetables		Succotash		Garden Mixed Veg		Brussel Sprouts
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast	Beef Stroganoff	Tuna & Veg Frittata	Pork Stew	Turkey Patty	Baked Salmon	Chicken Eggplant Stew
Carrot Ricotta Sauce	White Egg Noodle	Béchamel Sauce	White Rice w/Herbs	Alfredo Sauce	Tofu Veg Fricassee	Orzo
Orzo Mushroom Pilaf	Green Beans	Orzo	Carrots	Mashed Sweet Potatoes	White Egg Noodle	Green Beans
Garden Mixed Veg ESR	ESR	Garden Mixed Veg ESR	ESR	Yellow Zucchini	Green Beans ESR	ESR
				ESR Turkey Meetle of		
Balsamic Chicken Breast	Beef Stew	Spiced Chicken Thigh	Pork Stew	Turkey Meatloaf	Baked Salmon	Smokey Chicken Stew
Creole Vegetables	White Egg Noodle	Salsa Verde	White Rice w/Herbs	Sage Gravy	Tofu Veg Fricassee	Orzo
Garlic Confit	Vegetable Marinade	Brown Rice	Vegetable Marinade	Whole Wheat Rotini	Garlic Confit	Zesty Herb Puree
Orzo	Peas & Carrots	Garlic Confit Succotash	Broccoli	Garden Mixed Veg	White Egg Noodle	Green Beans
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Tempeh Cauli Patty	Beef Stew	Southwest Tofu	BBQ Pork Stew	Turkey Meatloaf	Salmon Fish Cake	Chicken Eggplant Stew
Garlic Confit	White Egg Noodle	Salsa Verde	Quinoa & Edamame	Sage Gravy	Artichoke Ragout	Orzo
Orzo	Roasted Potatoes	Brown Rice	Vegetable Marinade	Sweet Potatoes & Parsnips	White Egg Noodle	Zesty Herb Puree
	Marinated Peas & Carrots	Succotash	Broccoli	Marinated Garden Mixed Veg	Garlic Confit Green Beans	Green Beans
22-Jan WELLNESS	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Thigh	Beef Stroganoff	Baked Salmon	Turkey Chili	Mustard Glazed Thigh	Pork Artichoke Stew	Garlic Herb Chicken
House Enchilada Sauce						
Coulocoulo 9 Pod Ouingo	Multi Grain Orzo	Mushroom Herb Sauce	Brown Rice	Multi Grain Orzo	Brown Rice	Creamy Tomatillo
Couscous & Red Quinoa	Multi Grain Orzo Broccoli & Carrots	Brown Rice	Brown Rice Roasted Sweet Potato	Multi Grain Orzo Veggie Ragout	Brown Rice Butternut Squash	Multi Grain Orzo
Cauliflower & Carrots	Broccoli & Carrots	Brown Rice Broccoli	Roasted Sweet Potato	Veggie Ragout	Butternut Squash	Multi Grain Orzo Carrots
Cauliflower & Carrots VEGETARIAN	Broccoli & Carrots VEGETARIAN	Brown Rice Broccoli VEGETARIAN	Roasted Sweet Potato VEGETARIAN	Veggie Ragout VEGETARIAN	Butternut Squash VEGETARIAN	Multi Grain Orzo Carrots VEGETARIAN
Cauliflower & Carrots	Broccoli & Carrots	Brown Rice Broccoli	Roasted Sweet Potato	Veggie Ragout	Butternut Squash	Multi Grain Orzo Carrots VEGETARIAN
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty	VEGETARIAN Tofu Mushroom Stroganoff	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash	Roasted Sweet Potato VEGETARIAN Veggie Ranchero Stew	Veggie Ragout VEGETARIAN Balsamic Portobello	Butternut Squash VEGETARIAN Tempeh Cauli Patty	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit	VEGETARIAN Veggie Ranchero Stew Garlic Confit	Veggie Ragout VEGETARIAN Balsamic Portobello Veggie Ragout	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag Marinara Sauce
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasaç Marinara Sauce
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato	VEGETARIAN VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag Marinara Sauce Carrots
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag Marinara Sauce Carrots BLAND
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasage Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasage Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasag Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasage Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR Beefy Stroganoff	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR Baked Salmon Mushroom &Herb Sauce Brown Rice	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR Turkey Chili Garlic Confit Brown Rice	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout Orzo	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle Garlic Confit	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasae Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR Beefy Stroganoff White Egg Noodle Carrots	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR Baked Salmon Mushroom &Herb Sauce Broccoli	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR Turkey Chili Garlic Confit Brown Rice Veggie Ranchero Stew	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle Garlic Confit Butternut Squash	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasas Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots CK3	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR Beefy Stroganoff White Egg Noodle Carrots CK3	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR Baked Salmon Mushroom &Herb Sauce Brown Rice Broccoli CK3	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR Turkey Chili Garlic Confit Brown Rice Veggie Ranchero Stew CK3	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté CK3	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle Garlic Confit Butternut Squash CK3	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasa Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots CK3
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots CK3 Black Bean Chili Patty	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR Beefy Stroganoff White Egg Noodle Carrots CK3 Tofu Mushroom Stroganoff	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR Baked Salmon Mushroom &Herb Sauce Brown Rice Broccoli CK3 Tempeh Lentil Hash	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR Turkey Chili Garlic Confit Brown Rice Veggie Ranchero Stew CK3 Turkey Chili	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté CK3 White Bean & Peppers Sauté	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle Garlic Confit Butternut Squash CK3 Turkey Patty	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasae Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots Carrots Carrots Carrots CK3 Pork & Root Veg Stew
Cauliflower & Carrots VEGETARIAN Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini ESR Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots CK3	VEGETARIAN Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots BLAND Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans ESR Beefy Stroganoff White Egg Noodle Carrots CK3	Brown Rice Broccoli VEGETARIAN Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli BLAND Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans ESR Baked Salmon Mushroom &Herb Sauce Brown Rice Broccoli CK3	VEGETARIAN Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato BLAND Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veq ESR Turkey Chili Garlic Confit Brown Rice Veggie Ranchero Stew CK3	VEGETARIAN Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans ESR Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté CK3	VEGETARIAN Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash BLAND Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash ESR Pork Artichoke Stew White Egg Noodle Garlic Confit Butternut Squash CK3	Multi Grain Orzo Carrots VEGETARIAN Whole Wheat Mushroom Lasage Marinara Sauce Carrots BLAND Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots ESR Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots CK3

JANUARY 2024 Wellness Menu



Saturday

Wednesday Monday Tuesday 29-Jan 30-Jan 31-Jan WELLNESS WELLNESS **WELLNESS Meatloaf Florentine Pork Mole Balsamic Chicken Brown Rice Creamy Tomato Sauce** Quinoa & Brown Rice Whole Wheat Rotini Roasted Sweet Potato Ratatouille Broccoli & Carrots **VEGETARIAN VEGETARIAN VEGETARIAN Tofu Sweet Potato Hash Bullion Seasoned Tempeh Tomato Eggplant Bake** Red Mole Sauce Quinoa & Brown Rice Creamy Tomato Sauce **Brown Rice** Whole Wheat Rotini Ratatouille Garden Mixed Veg **BLAND BLAND BLAND Chicken Breast** Turkey & Veg Frittata Pork & Potato Stew Orzo & Herb Pilaf White Rice Squash Puree w/Veg **Green Beans Sweet Potatoes** White Egg Noodle **Green Beans ESR ESR ESR Meatloaf Florentine Pork Mole Balsamic Chicken** Quinoa & Brown Rice **Creamy Tomato Sauce** White Rice Whole Wheat Rotini Ratatouille Carrots Garden Mixed Veg CK3 CK3 CK3 **Pork Mole Balsamic Chicken Meatloaf Florentine** Creamy Tomato Sauce White Rice Squash Puree w/Veg Whole Wheat Rotini Roasted Sweet Potato Garlic Confit Garden Mixed Veg w/ Garlic White Egg Noodle

Thursday Friday

PROJECT OPEN HAND LUNCH MENU

Fernanda Nunes, RD at Project Open Hand



Sunday

All about Fats

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.

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.

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.

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.

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.

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.

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.