


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>March 2025 Wellness Menu</div> <div></div> <div>Project Open Hand</div> <div>40 years of meals with love</div> <div>Please note: Some medical conditions may require you to follow a fluid restriction. If you are not sure whether you should be following a restriction, please talk to your medical provider.</div>	1-Mar		2-Feb			
	WELLNESS		WELLNESS			
	Chicken Tinga Brown Rice Garden Mixed Vegetables		Yogurt Herb Chicken Breast Barley & Vegetables Cacciatore Sauce			
	VEGETARIAN		VEGETARIAN			
	Southwest Tempeh Jambalaya Stew Brown Rice		Tempeh Cauli Chickpea Patty Cacciatore Sauce Barley & Vegetables Green Beans			
	BLAND		BLAND			
	Turkey Picadillo Orzo & Herb Pilaf Butternut Squash		Chicken & Sweet Potato Chowder Orzo & Herb Pilaf Green Beans			
	ESR		ESR			
	Chicken Tinga Brown Rice Garden Mixed Vegetables		Yogurt Herb Chicken Breast Barley & Vegetables Cacciatore Sauce			
	CK3		CK3			
	Chicken Tinga Brown Rice Jambalaya Stew		Chicken & Sweet Potato Chowder Barley & Vegetables Green Beans			
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Broccoli Sichuan Brown Rice Carrots	Cumin Spiced Chicken Thigh Quinoa Brown Rice Tikka Masala Carrots	Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables	Cod Filet Parsley Cilantro Sauce Whole Wheat Rotini Lentil & Tomato Ragout	Beef & Turkey Bolognese Whole Wheat Macaroni Broccoli	Pork, White Bean & Artichoke Stew Brown Rice Carrots	Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Teriyaki Black Bean Burger Teriyaki Sauce Brown Rice Broccoli	Roasted Savory Tempeh Tikka Masala Quinoa Brown Rice Carrots	Roasted Five-Spice Tofu Asian Veg Sichuan Stir-fry Brown Rice	Artichoke Spinach & Tofu Frittata Lentil & Tomato Ragout Whole Wheat Rotini	Tempeh Burrito Casserole Broccoli	Southwest Tofu Cajun Tofu w/ Red Beans Brown Rice Carrots	Tempeh Veg & Bean Chili Quinoa Brown Rice Herbed Corn & Edamame
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tempeh Lasagna Capri Mixed Vegetables	Tempeh Tuna Cake Creamy Dill Sauce White Rice Green Beans	Yogurt Herb Chicken Breast Basil Pesto Sauce Orzo & Herb Pilaf Carrots & Green Beans	Cod Filet Tempeh & Zucchini White Macaroni Carrots	Roasted Turkey Breast Lite Alfredo Mushroom Sauce White Macaroni Carrots & Green Beans	Pork Rosemary Stew Orzo Pilaf 'Shrm Capri Mixed Vegetables	Chicken Eggplant Stew Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef & Broccoli Sichuan Brown Rice Carrots	Cumin Spiced Chicken Thigh Tikka Masala Sauce Quinoa Brown Rice Green Beans	Smoky Chicken & Lentil Stew Brown Rice Zucchini	Cod Filet Lentil & Tomato Ragout Whole Wheat Rotini	Turkey Patty Bechamel Sauce White Macaroni Green Beans	Pork & Artichoke Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Sweet & Sour Sauce Quinoa Brown Rice Herbed Corn & Edamame
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Teriyaki Black Bean Burger Teriyaki Sauce White Rice Zucchini	Roasted Savory Tempeh Tikka Masala Sauce White Rice Carrots	Roasted Five-Spice Tofu Asian Veg Sichuan Stir-fry Brown Rice	Tempeh Tuna Cake Lentil & Tomato Ragout White Macaroni	Beef & Turkey Bolognese White Macaroni Green Beans	Cajun Tofu w/ Red Beans Quinoa, Edamame & Greens Succotash	Chicken Eggplant Stew Orzo Succotash

10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Chili Colorado Brown Rice Broccoli & Cauliflower	Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes	Pork & White bean Chili Quinoa, Edamame & Greens Roasted Sweet Potatoes	Baked Salmon Tuscan Spinach & Lemon Sauce Quinoa Brown Rice Broccoli	Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots	Chicken Pomodoro Stew Polenta w/ Butternut Squash Peas & Carrots	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Roasted Sweet Potatoes
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Rustic Lentil Tofu Bolognese Whole Wheat Rotini Garden Mixed Vegetables	Roasted Savory Tempeh White Bean & Vegetable Stew Brown Rice Peas and Carrots	Southwest Tempeh Quinoa, Edamame & Greens Creamy Root Veg Chickpea Hash	Tofu & Vegetable Egg Foo Young Ginger & Orange Sauce Whole Wheat Rotini Broccoli	Tempeh Cauli Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables	Split Pea&Cauliflower Patty Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef & Mushroom Stroganoff White Macaroni Green Beans	Roasted Chicken Breast Basil Pesto Sauce White Rice Roasted Sweet Potatoes	Pork Tempeh Squash Stew White Rice w/ Herbs Green Beans	Turkey Patty Lite Alfredo Sauce White Macaroni Capri Mixed Vegetables	Turkey Lasagna Basil Pesto Sauce Capri Mixed Vegetables	Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni	Roasted Chicken Breast Parsnip & Carrot Sauce White Rice w/ Herbs Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili Colorado Brown Rice Broccoli & Cauliflower	Roasted Chicken Breast Tomatillo Cream Sauce White Rice Peas & Carrots	Pork Tempeh & Squash Stew White Rice w/ Herbs Green Beans	Baked Salmon Lite Alfredo Sauce White Macaroni Capri Mixed Vegetables	Turkey Lasagna Herb Sauce Zucchini	Chicken Pomodoro Stew Polenta w/ Butternut Squash Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef & Mushroom Stroganoff White Macaroni Garden Mixed Vegetables	Turkey Patty Tomatillo Cream Sauce White Rice Roasted Sweet Potatoes	Pork Chile White Rice Peas & Carrots	Salmon Fish Cake Ginger & Orange Sauce White Rice Broccoli	Tempeh Cauli Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgar	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables	Split Pea & Cauliflower Patty Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Stroganoff Whole Wheat Rotini Broccoli	Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean & Spinach Ragout	Pork & Black Bean Mole Quinoa Broccoli	Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts	Turkey Tetrazzini Whole Wheat Rotini Broccoli	Chicken Fajita Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Stroganoff Whole Wheat Rotini Broccoli	Balsamic Portobello Mushroom White Bean & Spinach Ragout Quinoa, Edamame & Greens Peas	Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli	Orange Tofu & Edamame Brown Rice Brussel Sprouts	Vegetable Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots	Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Fricassee w/Tofu Orzo Carrots & Green Beans	Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Orzo & Herb Pilaf Zucchini	Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans	Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni	Chicken Stew White Rice w/ Herbs Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Stroganoff White Macaroni Broccoli	Yogurt Herb Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	Pork & Black Bean Mole Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey Tetrazzini White Macaroni Broccoli	Chicken Fajita Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Tofu Stroganoff White Macaroni Broccoli	Balsamic Portobello Mushroom White Bean & Spinach Ragout Orzo Carrots & Green Beans	Pork & Black Bean Mole White Rice Broccoli	Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mixed Vegetables	Vegetable Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg White Rice	Chicken Stew White Rice w/ Herbs Green Beans

24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Barley Stew Roasted Sweet Potatoes	Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Macanese Curry Quinoa Brown Rice	Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables	Pork & Barley Stew Roasted Sweet Potatoes	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli	Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas	Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté	Curried Tofu Macanese Curry Herbed Bulgar	Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables	Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots	Balsamic Portobello Mushroom Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Rosemary Potato Stew Orzo Garden Mixed Vegetables	Tuna & Vegetable Frittata White Macaroni Green Beans	Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Vegetables	Cod Filet Tofu Stew Macaroni Zucchini	Turkey & Eggplant Torta White Rice w/ Herbs Zucchini	Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables	Roasted Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Rosemary Potato Stew White Rice Peas & Carrots	Mustard Glazed Chicken Thigh Veggie Ragout Brown Rice	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Tofu Stew White Macaroni	Chipotle Beef & Turkey Meatloaf Red Mole Sauce White Rice Garden Mixed Vegetables	Pork & Barley Stew Peas & Carrots	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Barley Red Bean Burger Parsley Cilantro Sauce White Rice Brussel Sprouts	Whole Wheat Lasagna Vegetable Medley Green Beans	Chicken, Broccoli & Cheddar White Macaroni Brussel Sprouts & Carrots	Curried Tofu Macanese Curry Herbed Bulgar	Black Bean Chili Patty Red Mole Sauce White Rice Garden Mixed Vegetables	Tofu Sweet Potato Creole Hash Guajillo Chile Red Sauce White Rice	Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Brussel Sprouts
31-Mar	PROJECT OPEN HAND					
WELLNESS	<div>March is National Nutrtion Month!</div> <div>Kristi Friesen, Registered Dietitian at Project Open Hand</div> <p>This year’s theme for National Nutrition Month inspires us to consider how <i>Food Connects Us</i>. Food is a connecting factor for many of us. Here are a few key ways to explore how “Food Connects Us:”</p> <p>Connect with Food. There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they’re able to spend on food, which makes planning extra important when trying to eat healthfully.</p> <ul style="list-style-type: none">When purchasing food from a store, use a grocery list and pay attention to sales.Learn about resources in your community that offer access to healthy foods, such as SNAP and food banks.Visit a farmers’ market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process. <p>Explore the Connection Between Food and Culture. Another way to connect with food includes learning about the traditions or history behind what you’re eating. Whether a food is traditional or new to you, learning more about how and why it’s prepared can be a valuable experience. It may help build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.</p>					
Beef Birria Brown Rice Carrots						
VEGETARIAN						
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans						
BLAND						
Beef Tofu Hash White Rice w/ Herbs Green Beans						
ESR						
Beef Tofu Hash Cilantro Pumpkin Seed Jalapeno Sauce White Rice w/ Herbs Green Beans						
CK3						
Beef Birria Brown Rice Green Beans						



Build the Connection Across All Stages of Life. While the amount of nutrients we need changes from the time we’re infants until we’re older adults, essential nutrients play a role across the lifecycle. For example:

- Consuming adequate calcium from a young age helps reduce the risk of osteoporosis, or weak bones, as we age.
- The B vitamin, folate (also known as folic acid), is important for metabolism and is of increased concern for anyone who may become pregnant as it can decrease certain health risks in newborns.
- While protein is often the focus of athletes, older adults should pay extra attention to this nutrient as loss of muscle mass becomes a concern as we age.

For most people, choosing food instead of supplements is the best way to meet nutrient needs. Include fruits, vegetables, whole grains, lean protein foods, and low-fat or fat-free dairy or fortified soy milk as the basis of your daily eating routine to get the nutrients you need.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.