

MARCH 2024 Wellness Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Kristi Friesen, RDN at Project Open Hand

March is National Nutrition Month

This year's theme for National Nutrition Month inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference – both now and in the future.



Beyond the Table

Healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfast on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

Article continues below*

1-Mar

WELLNESS

Mustard Glazed Thigh
Multi Grain Orzo
Veggie Ragout

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
Orzo
Carrots & Green Beans

2-Mar

WELLNESS

Pork Artichoke Stew
Brown Rice
Butternut Squash

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
Artichoke Provencal
White Egg Noodle
Garlic Confit Butternut Squash

3-Mar

WELLNESS

Garlic Herb Chicken
Creamy Tomatillo
Multi Grain Orzo
Carrots

VEGETARIAN

Whole Wheat Mushroom Lasagna
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

Pork & Root Veg Stew
White Rice w/Herbs
Vegetable Marinade
Carrots

4-Mar

WELLNESS

Meatloaf Florentine
Creamy Tomato Sauce
Whole Wheat Rotini
Broccoli & Carrots

VEGETARIAN

Tomato Eggplant Bake
Creamy Tomato Sauce
Whole Wheat Rotini
Garden Mixed Veg

BLAND

Turkey & Veg Frittata
Orzo & Herb Pilaf
Green Beans

ESR

Meatloaf Florentine
Creamy Tomato Sauce
Whole Wheat Rotini
Garden Mixed Veg

CK3

Meatloaf Florentine
Creamy Tomato Sauce
Whole Wheat Rotini
Garden Mixed Veg w/ Garlic

5-Mar

WELLNESS

Pork Mole
Brown Rice
Roasted Sweet Potato

VEGETARIAN

Tofu Sweet Potato Hash
Red Mole Sauce
Brown Rice

BLAND

Pork & Potato Stew
White Rice
Sweet Potatoes

ESR

Pork Mole
White Rice
Carrots

CK4

Pork Mole
White Rice
Roasted Sweet Potato

6-Mar

WELLNESS

Balsamic Chicken
Quinoa & Brown Rice
Ratatouille

VEGETARIAN

Bullion Seasoned Tempeh
Quinoa & Brown Rice
Ratatouille

BLAND

Chicken Breast
Squash Puree w/Veg
White Egg Noodle
Green Beans

ESR

Balsamic Chicken
Quinoa & Brown Rice
Ratatouille

CK5

Balsamic Chicken
Squash Puree w/Veg
Garlic Confit
White Egg Noodle

7-Mar

WELLNESS

Turkey Tetrazzini
Whole Wheat Rotini
Brussel Sprouts & Carrots

VEGETARIAN

Tempeh Mushroom Patty
Béchamel Sauce
Whole Wheat Rotini
Brussel Sprouts & Carrots

BLAND

Turkey Lasagna
Herb Sauce
Yellow Zucchini

ESR

Turkey Tetrazzini
Whole Wheat Rotini
Garlic Confit
Capri Mixed Veg

CK6

Turkey Tetrazzini
Whole Wheat Rotini
Garlic Confit
Capri Mixed Veg

8-Mar

WELLNESS

Garlic Herb Salmon
Sweet & Sour Sauce
Barley & Vegetables

VEGETARIAN

5-spice Roasted Tofu
Sweet & Sour Sauce
Barley & Vegetables
Green Beans

BLAND

Tempeh Tuna Cake
Creamy Dill Sauce
White Egg Noodle
Green Beans

ESR

Garlic Herb Salmon
Creamy Dill Sauce
White Egg Noodle
Barley & Vegetables

CK7

Salmon Fish Cake
Creamy Dill Sauce
White Egg Noodle
Green Beans

9-Mar

WELLNESS

Beef Bolognese
Whole Wheat Rotini
Broccoli

VEGETARIAN

Lentil Tofu Bolognese
Polenta w/Butternut
Garlic Confit
Peas

BLAND

Beef Tofu & Veg Hash
Béchamel Sauce
Orzo Shroom Pilaf
Capri Mixed Veg

ESR

Beef Bolognese
Polenta w/Butternut
Garlic Confit
Peas

CK8

Beef Bolognese
Polenta w/Butternut
Garlic Confit Broccoli

10-Mar

WELLNESS

Rosemary Chicken Thigh
Mushroom Alfredo Sauce
Whole Wheat Rotini
Brussel Sprouts & Carrots

VEGETARIAN

Split Pea & Cauli Patty
Mushroom Alfredo Sauce
Whole Wheat Rotini
Marinated Brussel Sprouts & Carrots

BLAND

Chicken Chowder
White Rice w/Herbs
Yellow Zucchini

ESR

Rosemary Chicken Thigh
Mushroom Alfredo Sauce
Whole Wheat Rotini
Brussel Sprouts & Carrots

CK9

Chicken Chowder
White Rice w/Herbs
Garlic Confit
Brussel Sprouts & Carrots

MARCH 2024 Wellness Menu

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
11-Mar		12-Mar		13-Mar		14-Mar		15-Mar		16-Mar		17-Mar	
WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS	
Chicken Chili		Beef & Turkey Meatloaf		Pork & Chickpea Stew		Garlic-Herb Chicken		Cod Filet		Chicken & Broccoli		Beef Fajita Stew	
Brown Rice		Marinara Sauce		Brown Rice		Eggplant Mushroom Sauce		Dijon Sauce		Whole Wheat Rotini		Brown Rice	
Cauliflower		Whole Wheat Rotini		Garden Mixed Veg		Whole Wheat Rotini		Brown Rice		Root Vegetables		Carrots	
		Cauliflower & Carrots				Garden Mixed Veg		Lentil Tomato Ragout					
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		Yellow Zucchini		Capri Mixed Veg		White Egg Noodle		Green Beans		White Rice w/Herbs	
		Carrots						Carrots				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		Brown Rice	
Garlic Confit		Whole Wheat Rotini		White Rice		Orzo		White Egg Noodle		Garlic Confit		Vegetable Marinade	
Cauliflower		Peas		Garden Mixed Veg						Root Vegetables		Peas & Carrots	
CK3		CK3		CK3		CK3		CK3		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				Root Vegetables		Peas and Carrots	
18-Mar		19-Mar		20-Mar		21-Mar		22-Mar		23-Mar		24-Mar	
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	
		Garbanzo & Veg Stew		Peas and Carrots		Peas				Green Beans & Peppers		Garden Mixed Veg	
BLAND		BLAND		BLAND		BLAND		BLAND		BLAND		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		Yellow Zucchini		Green Beans		White Egg Noodle		White Egg Noodle		White Rice Pilaf		Capri Mixed Veg	
						Carrots		Butternut Squash		Green Beans			
ESR		ESR		ESR		ESR		ESR		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	
		Garbanzo & Veg Stew						Garlic Confit Root Vegetables				White Egg Noodle	
CK3		CK3		CK3		CK3		CK3		CK3		CK3	
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	
		Garbanzo & Veg Stew		Peas and Carrots		Peas		Garden Mixed Veg				Garden Mixed Veg	

MARCH 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
WELLNESS Balsamic Chicken Breast Couscous & Quinoa Creole Vegetables	WELLNESS Beef Stew Brown Rice	WELLNESS Spiced Chicken Thigh Salsa Verde Ancient Grains& Kale Succotash	WELLNESS BBQ Pork Stew Quinoa & Edamane Broccoli	WELLNESS Turkey Meatloaf Sage Gravy Parsnips & Potato Garden Mixed Veg	WELLNESS Baked Salmon Brown Rice Artichoke Provencal	WELLNESS Smokey Chicken Stew Multi Grain Orzo Brussel Sprouts
VEGETARIAN Tempeh Cauli Patty Green Herb Sauce Couscous & Quinoa Creole Vegetables	VEGETARIAN White Bean Spinach Casserole Pumpkin Seed Sauce Peas & Carrots	VEGETARIAN Southwest Tofu Salsa Verde Brown Rice Succotash	VEGETARIAN Lentil Casserole Quinoa & Edamame Broccoli	VEGETARIAN Zucchini & Pepper Frittata Basil Pesto Sauce Whole Wheat Rotini Garden Mixed Veg	VEGETARIAN Tofu Burger Artichoke Ragout Brown Rice	VEGETARIAN Balsamic Portobello Lentil Tempeh Sloppy Joe Multi Grain Orzo Brussel Sprouts
BLAND Chicken Breast Carrot Ricotta Sauce Orzo Mushroom Pilaf Garden Mixed Veg	BLAND Beef Stroganoff White Egg Noodle Green Beans	BLAND Tuna & Veg Frittata Béchamel Sauce Orzo Garden Mixed Veg	BLAND Pork Stew White Rice w/Herbs Carrots	BLAND Turkey Patty Alfredo Sauce Mashed Sweet Potatoes Yellow Zucchini	BLAND Baked Salmon Tofu Veg Fricassee White Egg Noodle Green Beans	BLAND Chicken Eggplant Stew Orzo Green Beans
ESR Balsamic Chicken Breast Creole Vegetables Garlic Confit Orzo	ESR Beef Stew White Egg Noodle Vegetable Marinade Peas & Carrots	ESR Spiced Chicken Thigh Salsa Verde Brown Rice Garlic Confit Succotash	ESR Pork Stew White Rice w/Herbs Vegetable Marinade Broccoli	ESR Turkey Meatloaf Sage Gravy Whole Wheat Rotini Garden Mixed Veg	ESR Baked Salmon Tofu Veg Fricassee Garlic Confit White Egg Noodle	ESR Smokey Chicken Stew Orzo Zesty Herb Puree Green Beans
CK3 Tempeh Cauli Patty Garlic Confit Orzo	CK3 Beef Stew White Egg Noodle Roasted Potatoes Marinated Peas & Carrots	CK3 Southwest Tofu Salsa Verde Brown Rice Succotash	CK4 BBQ Pork Stew Quinoa & Edamame Vegetable Marinade Broccoli	CK5 Turkey Meatloaf Sage Gravy Sweet Potatoes & Parsnips Marinated Garden Mixed Veg	CK6 Salmon Fish Cake Artichoke Ragout White Egg Noodle Garlic Confit Green Beans	CK7 Chicken Eggplant Stew Orzo Zesty Herb Puree Green Beans

Here’s a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine. Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn’t have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You can also learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN). Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what’s involved in growing your food. There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products, or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

You can also grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers, or strawberries may work too, if you have a patio or area with enough sunlight. Look for community gardens in your area where you can participate in the growing process and share in the harvest.

