

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><div>40</div><div>Project Open Hand</div><div>40 years of meals with love</div></div>	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
	Rosemary Chicken Thigh	Pork & Black Bean Mole	Baked Salmon	Turkey Tetrazzini	Chicken Fajita Stew	Garlic & Herb Chicken Breast
	Quinoa, Edamame & Greens	Quinoa	Orange Tofu & Edamame	Whole Wheat Rotini	Brown Rice	Paprikash Sauce
	White Bean & Spinach Ragout	Broccoli	Brown Rice	Broccoli	Carrots	Quinoa Brown Rice
	Milk Half Pints	Milk Half Pints	Brussel Sprouts	Milk Half Pints	Milk Half Pints	Brussel Sprouts
	Applesauce Cup	Orange	Milk Half Pints	Orange	Applesauce Cup	Milk Half Pints
			Fruit Cup			Orange
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
Beef & Barley Stew	Mustard Glazed Chicken Thigh	Chicken, Broccoli & Cheddar	Cod Filet	Chipotle Beef & Turkey Meatloaf	Pork & Barley Stew	Balsamic Chicken Breast
Roasted Sweet Potatoes	Brown Rice	Whole Wheat Rotini	Macanese Curry	Red Mole Sauce	Roasted Sweet Potatoes	Broccoli Pesto
Milk Half Pints	Veggie Ragout	Milk Half Pints	Quinoa Brown Rice	Quinoa Brown Rice	Milk Half Pints	Whole Wheat Rotini
Orange	Milk Half Pints	Orange	Milk Half Pints	Garden Mixed Vegetables	Applesauce Cup	Root Vegetables
	Applesauce Cup		Fruit Cup	Milk Half Pints		Milk Half Pints
				Orange		Orange
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
Beef Birria	Roasted Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	Turkey Patty	Chicken Tinga	Yogurt Herb Chicken Breast
Brown Rice	Brown Rice	Quinoa Brown Rice	Whole Wheat Rotini	Green Curry Sauce	Brown Rice	Barley & Vegetables
Carrots	Chipotle Chili Gravy	Cauliflower	Artichoke Spinach Ragout	Quinoa Brown Rice	Garden Mixed Vegetables	Cacciatore Sauce
Milk Half Pints	Succotash	Milk Half Pints	Milk Half Pints	Carrots	Milk Half Pints	Milk Half Pints
Orange	Milk Half Pints	Orange	Fruit Cup	Milk Half Pints	Applesauce Cup	Orange
	Applesauce Cup			Orange		
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
Beef & Broccoli Sichuan	Cumin Spiced Chicken Thigh	Smoky Chicken & Lentil Stew	Cod Filet	Beef & Turkey Bolognese	Pork, White Bean & Artichoke Stew	Garlic & Ginger Chicken Breast
Brown Rice	Quinoa Brown Rice	Brown Rice	Parsley Cilantro Sauce	Whole Wheat Macaroni	Brown Rice	Sweet & Sour Sauce
Carrots	Tikka Masala	Garden Mixed Vegetables	Whole Wheat Rotini	Broccoli	Carrots	Veggie Fried Brown Rice
Milk Half Pints	Carrots	Milk Half Pints	Lentil & Tomato Ragout	Milk Half Pints	Milk Half Pints	Milk Half Pints
Orange	Milk Half Pints	Orange	Milk Half Pints	Orange	Orange	Applesauce Cup
	Applesauce Cup		Fruit Cup			
28-Apr	29-Apr	30-Apr	<div>AWD HDM DELIVERY MENU: APRIL 2025</div> <div>For Inquiries contact: Miguel Hurtado at 415-655-1361</div> <div>Please Note: Our menu meets 1/3 DRI for all target nutrients except Vitamin D. The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.</div>			
Beef Chili Colorado	Chicken Thigh	Pork & White bean Chili				
Brown Rice	Salsa Verde	Quinoa, Edamame & Greens				
Broccoli & Cauliflower	Brown Rice	Roasted Sweet Potatoes				
Milk Half Pints	Roasted Sweet Potatoes	Milk Half Pints				
Orange	Milk Half Pints	Orange				
	Applesauce Cup					

## Lunch Menu

## All About Fish!

Madeline Timm, Registered Dietitian at Project Open Hand

**Why is seafood important?**

Seafood provides us with a variety of nutrients, it is protein-rich and high in omega-3 fatty acids, DHA and EPA. Omega-3 fatty acids are fats that are essential for the human body. Some types of seafood are also a natural source of vitamin D, which is only found in a few kinds of foods.

- **Protein-** builds and maintains your muscles and bones, helps balance blood sugar, and supports your immune system
- **Omega-3 Fatty Acids-** can be beneficial for cardiovascular and brain health
- **Vitamin D-** helps maintain bone strength

**How much should I eat?**

The FDA recommends 2-3 servings a week from low mercury fish with at least one of those servings being from a fatty fish like salmon.

- Examples of low mercury fish include anchovies, cod, salmon, crawfish, oyster, perch, pollock, sardine, shrimp, tilapia, and freshwater trout

**Important Reminders:**

Not all fish is created equal, while seafood is incredibly beneficial there are also some important things to keep in mind. Some types of seafood can be high in a molecule called mercury. Mercury can be dangerous if it is consumed in excess. For this reason, the FDA and EPA regulate mercury levels in food. Here are some tips for choosing seafood:

- Eat fish lower on the food chain (like smaller fish)
- Avoid large fish that primarily eat smaller fish, like swordfish, shark, and certain kinds of tuna
- Avoid eating fish caught in water with high mercury levels. This includes water impacted by industrial runoff, a history of mining, or coal powered plants nearby. Check the EPA or California State Water Resources Control Board website to learn about mercury in fish caught in the Bay Area.

For more information visit the FDAs website at

<https://www.fda.gov/food/consumers/advice-about-eating-fish>



Project Open Hand

40 years of meals with love