


AWD Vegetarian HDM Delivery Menu: April 2025						For Inquiries contact: Miguel Hurtado at 415-655-1361
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
	Balsamic Portobello Mushroom	Roasted Baharat Tofu	Orange Tofu & Edamame	Vegetable Ranchero Stew	Tempeh Cauli Chickpea Patty	Tofu Sweet Potato Creole Hash
	White Bean & Spinach Ragout	Red Bean & Veg Masala	Brown Rice	Brown Rice	Pumpkin Puree w/ Veg	Paprikash Sauce
	Quinoa, Edamame & Greens	Quinoa	Brussel Sprouts	Broccoli	Whole Wheat Rotini	Whole Wheat Rotini
	Peas	Broccoli	Milk Half Pints	Milk Half Pints	Peas & Carrots	Garden Mixed Vegetables
	Milk Half Pints	Milk Half Pints	Fruit Cup	Orange	Milk Half Pints	Milk Half Pints
	Applesauce Cup	Orange			Applesauce Cup and Orange	Orange
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
Barley Red Bean Burger	Vegetable Medley Lasagna	Roasted Baharat Tofu	Curried Tofu	Black Bean Chili Patty	Tofu Black Bean Enchilada Casserole	Balsamic Portobello Mushroom
Parsley Cilantro Sauce	Veggie Ragout	Green Herb Tahini Sauce	Macanese Curry	Red Mole Sauce	Enchilada Sauce	Lentil-Tempeh Sloppy Joe
Brown Rice	Peas	Whole Wheat Rotini	Herbed Bulgar	Brown Rice	Peas & Carrots	Whole Wheat Rotini
Broccoli	Milk Half Pints	Veg & Kidney Bean Sauté	Milk Half Pints	Garden Mixed Vegetables	Milk Half Pints	Root Vegetables
Milk Half Pints	Applesauce Cup	Milk Half Pints	Fruit Cup	Milk Half Pints	Applesauce Cup	Milk Half Pints
Orange		Orange		Orange		Orange
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
Tempeh Picadillo	Black Bean Chili Patty	Southwest Tofu	Blackened Tempeh Sticks	Tofu Mushroom & Veg Lasagna	Southwest Tempeh	Tempeh Cauli Chickpea Patty
Cilantro Pumpkin Seed Jalapeno Sauce	Chipotle Chili Gravy	Quinoa Brown Rice	Whole Wheat Rotini	Marinara Sauce	Jambalaya Stew	Cacciatore Sauce
Brown Rice	Brown Rice	Three Bean & Corn Hash	Artichoke Spinach & Tomato Ragout	Carrots	Brown Rice	Barley & Vegetables
Green Beans	Succotash	Milk Half Pints	Milk Half Pints	Milk Half Pints	Milk Half Pints	Green Beans
Milk Half Pints	Milk Half Pints	Orange	Fruit Cup	Orange	Applesauce Cup	Milk Half Pints
Orange	Applesauce Cup					Orange
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
Teriyaki Black Bean Burger	Roasted Savory Tempeh	Roasted Five-Spice Tofu	Artichoke Spinach & Tempeh Frittata	Tempeh Burrito Casserole	Southwest Tofu	Tempeh Veg & Bean Chili
Teriyaki Sauce	Tikka Masala	Asian Veg Sichuan Stir-fry	Lentil & Tomato Ragout	Broccoli	Cajun Tofu w/Red Beans	Quinoa Brown Rice
Brown Rice	Quinoa Brown Rice	Brown Rice	Whole Wheat Rotini	Milk Half Pints	Brown Rice	Herbed Corn & Edamame
Broccoli	Carrots	Milk Half Pints	Milk Half Pints	Orange	Carrots	Milk Half Pints
Milk Half Pints	Milk Half Pints	Orange	Applesauce Cup		Milk Half Pints	Orange
Orange	Applesauce Cup				Applesauce Cup	
28-Apr	29-Apr	30-Apr				
Lentil Tofu Bolognese Rustic	Roasted Savory Tempeh	Southwest Tempeh	<p><u>Please Note:</u></p> <p>Our menu meets 1/3 DRI for all target nutrient s except Vitamin D . The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.</p>			
Whole Wheat Rotini	White Bean & Vegetable Stew	Quinoa, Edamame & Greens				
Garden Mixed Vegetables	Brown Rice	Creamy Root Veg Chickpea Hash				
Milk Half Pints	Peas and Carrots	Milk Half Pints				
Applesauce Cup	Milk Half Pints	Orange				
	Orange					

All About Fish!

Madeline Timm, Registered Dietitian at Project Open

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>