

MAY 2023 WELLNESS MENU

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|
| 1-May | 2-May | 3-May | 4-May | 5-May | 6-May | 7-May |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Hoisin Chicken Thigh Ginger Garlic Sauce Fried Brown Rice Broccoli | Turkey Beef Bolognese Whole Wheat Rotini Garlic-Herb Carrots | Mustard Glazed Thigh Wheat Berry Pilaf Garbanzo & Veg Stew | Baked Salmon Red Pepper Sauce Wild Rice Tofu-Sweet Potato Hash | Beef Bourguignon Whole Wheat Rotini Br.Sprouts & Carrots | Curried Pork Loin Pumpkin Puree Whole Wheat Rotini / Garden | Smokey Drumstick Brown Rice Veg Ranchero Stew Green Beans |
| RENAL | RENAL | RENAL | RENAL | RENAL | RENAL | RENAL |
| Hoisin Chicken Thigh Ginger Garlic Sauce Brown Rice / Broccoli | TurkeyBeef Bolognese Whole Wheat Rotini Garlic-Herb Carrots | Mustard Glazed Thigh White Rice w/Herbs Garbanzo & Veg Stew | Baked Salmon Red Pepper Sauce Wild Rice / Brussel Sprouts | Tempeh Lasagna Peas & Carrots | Curried Pork Loin Pumpkin Puree Whole Wheat Rotini | Smokey Drumstick VegetarianRancheroSt Brown Rice |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Tuna & Veg Frittata White Rice w/Herbs Garden Mixed Veg | Baked Salmon Orzo & Herb Pilaf Vegetable Fricassee | Pork Stew White Egg Noodle Green Beans | Turkey Casserole White Rice w/Herbs Capri Mixed Veg | HerbedChicken Breast Squash Potato Puree Orzo / Garden Mixed Veg | Beef PotatoDill Stew White Rice w/Herbs Green Beans | Turkey Stuffed Shroom Bechamel Sauce White Egg Noodle / Garden Mixed Veg |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice Peas & Carrots | StuffedShroom, Tempeh Herb Polenta&Ricotta Caponata | Spiced Tempeh Cake Garbanzo & Veg Stew Wheat Berry Pilaf | Tofu Sweet Potato Hash Red Pepper Sauce Wild Rice | Tempeh Lasagna Peas | Curried Tofu Pumpkin Puree Whole Wheat Rotini Garden Mixed Veg | Vegetarian Ranchero Stew Brown Rice Green Beans |
| 8-May | 9-May | 10-May | 11-May | 12-May | 13-May | 14-May |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Baharat Chicken Thigh Quinoa Moroccan Tagine | Beef & Tofu Fricassee Whole Wheat Rotini Garden Mixed Veg | Chicken & Rice Stew Mashed Potatoes Carrots w/ Vegetable Marinade | Chicken Thigh Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots | Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg | Pork & Chickpea Stew Creamy Tomatillo Whole Wheat Rotini Garden Mixed Veg | Thai Turkey Burger Green Curry Veg Sauce Quinoa Carrot & Green Beans |
| RENAL | RENAL | RENAL | RENAL | RENAL | RENAL | RENAL |
| Chicken Breast Quinoa Moroccan Tagine | Curried Pork Loin Bean Parsnip Masala White Rice | Zucchini & Tofu Pasta Bell Pepper Relish Capri Mixed Veg | Cod Filet Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots | Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg | Turkey Eggplant Torta White Rice Green Beans | Chicken Breast Green Curry Veg Sauce Brown Rice |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Roasted Pork Loin Carrot Ricotta Sauce Orzo Shroom Pilaf Green Beans | Beef Fricassee w/Tofu White Egg Noodle Carrot & Green Beans | Chicken Chowder White Rice w/Herbs Capri Mixed Veg | Pork & Potato Stew Mashed Parsnips Green Beans | Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg | Turkey Eggplant Torta White Rice Green Beans | Yogurt Herb Chicken Herb Sauce White Egg Noodle Carrots |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Baharat Spiced Tempeh Moroccan Tagine Quinoa Broccoli-Cauliflower | Bean Parsnip Masala Brown Rice Pilaf SpicyStirFry Cabbage | Zucchini & Tofu Pasta Bell Pepper Relish Peas & Carrots | Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots | Lentil Tofu Bolognese Garlic Confit Whole Wheat Rotini Garden Mixed Veg | SplitPea-Cauli Patty Creamy Tomatillo Whole Wheat Rotini Garden Mixed Veg | Spiced Tempeh Cake Green Curry Veg Sauce Brown Rice Carrot & Green Beans |
| 15-May | 16-May | 17-May | 18-May | 19-May | 20-May | 21-May |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Pork Loin Artichoke Spinach Sauce Wild Rice Quinoa Pilaf Garden Mixed Veg | Beef Stroganoff Parsnip & Sweet Potato Garden Mixed Veg | Turkey Jambalaya Brown Rice Garlic-Herb Carrots | BBQ Chicken Drumstick Quinoa Veggie Mix | Salmon Quinoa Lentil Tomato Ragout Carrots | Beef & Turkey Meatball Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg w/ Marinade | Chicken Casserole Whole Wheat Rotini Red Pepper Sauce Brussel Sprouts |
| RENAL | RENAL | RENAL | RENAL | RENAL | RENAL | RENAL |
| Beef Stroganoff Whole Wheat Rotini Peas | Balsamic Pork Cutlet Herb Sauce Herb Polenta & Ricotta Green Beans | Turkey Jambalaya Dirty Brown Rice Br.Sprouts & Carrots | BBQ Chicken Drumstick Baked Beans w/Kale Brown Rice Pilaf Garden Mixed Veg | Cod Filet Bean & Peppers Saute Garlic Wild Rice | Beef & Turkey Meatball Creamy Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots | Coconut Turmeric Chicken Wild Rice Pilaf Broccoli-Cauliflower |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|--|
| 15-May | 16-May | 17-May | 18-May | 19-May | 20-May | 21-May |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Beef Stew White Egg Noodle Green Beans | Baked Salmon Cream of Celery Sauce Orzo Root Veg Hash | Roasted Pork Loin Alfredo Sauce White Egg Noodle Capri Mixed Veg | Turkey Patty Eggplant Shroom Sauce Orzo Green Beans | Chicken Breast Mushroom Gravy Orzo+Butternut Squash Eggplant Saute | Cod Filet White Egg Noodle Vegetable Fricassee | Chicken Stew Orzo & Herb Pilaf Carrot & Green Beans |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Tempeh Tamale Pie Peas | Tofu Stroganoff Herb Sauce Whole Wheat Rotini Peas & Carrots | Tofu Jambalya Dirty Brown Rice Br.Sprouts & Carrots | Spinach Frittata Baked Beans w/Kale Cauliflower | Balsamic Portabello Garlic Wild Rice Bean & Peppers Saute | Tempeh Meatballs Creamy Tomato Sauce Whole Wheat Rotini Green Beans | Lentil Casserole Brussel Sprouts |
| 22-May | 23-May | 24-May | 25-May | 26-May | 27-May | 28-May |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Chicken Breast Sweet Potato Chipotle Sauce Brown Rice Corn w/Mushrooms | Chicken Gumbo Cheddar Grits Carrots | Mongolian Beef Brown Rice Veggie Mix | Blackened Salmon Artichoke CreamSauce Brown Rice Vegetable Ragout | Pork & Chickpea Stew Wild Rice & Quinoa Garden Mixed Veg | Turkey Salisbury Steak Mushroom Sage Gravy Whole Wheat Rotini Vegetable Marinade | Chicken Squash Quinoa Herbed Polenta Brussel Sprouts |
| RENAL | RENAL | RENAL | RENAL | RENAL | RENAL | RENAL |
| Baked Salmon Corn w/Mushrooms Quinoa Pilaf | Chicken Gumbo Cheddar Grits Capri Mixed Veg | Mongolian Beef Brown Rice Green Beans | Tofu Black Bean Enchilada Casserole Broccoli-Cauliflower | Pork & Chickpea Stew Bulgur Pilaf Carrot & Green Beans | Turkey Salisbury Steak Mushroom Sage Gravy Whole Wheat Rotini Winter Vegetables | Balsamic Chicken Breast Artichoke Provencal Spinach Pepper Polenta Brussel Sprouts |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Pork Loin Mashed Parsnips Eggplant Zuc Saute | Turkey Picadillo White Rice Garden Mixed Veg | Beef Stroganoff White Egg Noodle Green Beans | Yogurt Herb Chicken Parsnip-Carrot Sauce Orzo Shroom Pilaf Garden Mixed Veg | Pork & Root Veg Stew White Rice Yellow Zucchini | Turkey Meatballs Bechamel Sauce White Egg Noodle Green Beans | Cod Filet Zucchini & Tofu Carrots |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Spiced Tempeh Cake Sweet Potato Chipotle Sauce Quinoa Pilaf Corn w/Mushrooms | Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg | Lentil Stuffed Pepper Savory Tomato Relish Brown Rice Green Beans | Tofu Black Bean Enchilada Peas | Vegetarian Mu Shu Tofu Brown Rice Broccoli-Cauliflower | Tempeh Cauli Patty Artichoke Spinach Sauce Whole Wheat Rotini Peas & Carrots | Tomato Eggplant Bake Spinach Pepper Polenta Carrot & Green Beans |
| 29-May | 30-May | 31-May | <div data-bbox="1392 1318 1678 1346" data-label="Section-Header"> <h2>PROJECT OPEN HAND</h2> </div> <div data-bbox="1392 1354 1672 1376" data-label="Text"> <p>Erika Tribett, Nutritionist at Project Open Hand</p> </div> <div data-bbox="1864 1318 2094 1364" data-label="Section-Header"> <h2>May 2023</h2> </div> <div data-bbox="1426 1387 2085 1425" data-label="Section-Header"> <h3>Reduce inflammation to protect brain power!</h3> </div> <div data-bbox="1392 1439 2082 1576" data-label="Text"> <p>Inflammation is the body's tool for healing when we experience an injury or illness. However, our bodies can also become inflamed when we experience stress, poor sleep or eat certain foods in excess. Inflammation for long periods of time can cause damage to tissues in the body. The good news: Eating foods that prevent or reduce inflammation in the body can help protect us from chronic inflammation and preserve our memory and ability to think clearly. In fact, foods that reduce inflammation in the body can have a profoundly positive impact on not only our brains, but our hearts, pancreas, liver and joints, too!</p> </div> <div data-bbox="1392 1582 1939 1606" data-label="Text"> <p>So, what can you do to reduce inflammation and keep your brain sharp?</p> </div> <div data-bbox="1392 1608 2085 1689" data-label="Text"> <p>Add 1-2 servings of green, leafy vegetables to your day – Bok choy, broccoli, collard greens and spinach contain anti-inflammatory nutrients such as vitamin K, beta-carotene and folate! Try spinach in a salad, stir fried broccoli or Bok choy with garlic, or add greens to a favorite soup.</p> </div> <div data-bbox="1392 1695 1948 1776" data-label="Text"> <p>Try berries for breakfast or snack – Antioxidants in strawberries, blueberries and other bright-colored fruit vegetables help protect cells (like brain cells!) from damage and may improve memory. These are in season during the summer, which also means they are more affordable.</p> </div> <div data-bbox="2094 1439 2225 1518" data-label="Image"> </div> <div data-bbox="2231 1433 2775 1536" data-label="Text"> <p>Stock your pantry with sources of omega-3 fatty acids – Salmon, cod and sardines are great sources of this healthy fat that preserves brain health. The American Heart Association recommends 2, 3.5-ounce servings of fish or ¼ c of flaked fish per week. Chia seeds are a good plant-based source of these fats, and they make a tasty pudding with soy milk and fruit!</p> </div> <div data-bbox="2094 1542 2756 1643" data-label="Text"> <p>Try to limit added sugars and refined grains – Added sugars are found in many processed foods including sodas, some juices, pastries and some sauces. Refined grains include white rice, white bread, and other flour-based foods such as crackers and pastries. Smaller portions of these foods or eating them less frequently can help maintain stable blood sugar, reduce inflammation and reduce risk of diabetes and possibly dementia.</p> </div> <div data-bbox="2094 1647 2756 1711" data-label="Text"> <p>In addition to the foods we eat, physical activity can reduce inflammation and support brain health, too! Each week, aim for two and a half hours of activity such as brisk walking, dancing, housework or water sports.</p> </div> <div data-bbox="2094 1715 2735 1778" data-label="Text"> <p>Social time with friends, family and people you see at your Project Open Hand meal site also protects our brain function. <i>Join us often for brain boosting meals and conversation at your local CNP location!</i></p> </div> <div data-bbox="1930 1715 2085 1776" data-label="Image"> </div> <div data-bbox="2598 1753 2775 1804" data-label="Image"> </div> | | | |
| WELLNESS | WELLNESS | WELLNESS | | | | |
| Chicken Breast Sweet Potato Chipotle Sauce Brown Rice Corn w/Mushrooms | Chicken Gumbo Cheddar Grits Carrots | Mongolian Beef Brown Rice Veggie Mix | | | | |
| RENAL | RENAL | RENAL | | | | |
| Baked Salmon Corn w/Mushrooms Quinoa Pilaf | Chicken Gumbo Cheddar Grits Capri Mixed Veg | Mongolian Beef Brown Rice Green Beans | | | | |
| BLAND | BLAND | BLAND | | | | |
| Pork Loin Mashed Parsnips Eggplant Zuc Saute | Turkey Picadillo White Rice Garden Mixed Veg | Beef Stroganoff White Egg Noodle Green Beans | | | | |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | | | | |
| Spiced Tempeh Cake Sweet Potato Chipotle Sauce Quinoa Pilaf Corn w/Mushrooms | Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg | Lentil Stuffed Pepper Savory Tomato Relish Brown Rice Green Beans | | | | |