



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
30-May	31-May	 <p>Project Open Hand meals with love</p>  <p>OLDER AMERICANS MONTH AGE MY WAY: MAY 2022</p> <h2>MAY 2022 WELLNESS MENU</h2> <p>Older adults are a critical part of strong and resilient communities. Their experience and talents enrich other's lives.</p> <p>This May, we celebrate Older Americans Month by expressing gratitude for the deep value of our older friends and also recognizing the things that help us thrive as we age. This year's theme is "Age My Way". Part of what this means is that, at any age, there are many ways we can nurture our physical,</p> <p>So, what does "aging your way" mean to you? What do you need to meet your goals as you age?</p> <p>At Project Open Hand, we believe that healthy eating is one of the most important things you can do for healthy aging. Balanced meals with a variety of nutrients and plenty of hydration can help prevent and manage certain chronic conditions while also boosting energy levels and improving mood.</p> <p>Connecting with others is another critical part of aging healthfully. Older people who have close connections and relationships live longer,</p>				1-May			
WELLNESS	WELLNESS					WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Jambalaya☐	Rosemary Chicken Thigh☐					Beef Fajita Stew			
Dirty Brown Rice	Creamy Tomato Sauce☐					Brown Rice & Beans☐			
Creole Vegetables	WW Rotini / Cabbage & Carrots☐					Green Beans			
RENAL	RENAL					RENAL			
Chicken Jambalaya☐	Cod Fillet					Pineapple Chicken			
Dirty Brown Rice	Red Pepper Sauce					Ginger Garlic Sauce☐			
Spicy Green Beans☐	White Rice w/Herbs / Stir Fry Vegetables☐					Brown Rice / Green Beans			
BLAND	BLAND					BLAND			
Roasted Pork Loin w/ Mushroom Gravy	Cod Fillet	Yogurt Herb Chicken☐							
Mashed Parsnips	Herb Sauce	Mushroom Alfredo Sauce☐							
Basil Pesto Sauce / Carrots	Orzo / Mushroom Eggplant Saute	Orzo Pilaf 'Shrm / Green Beans							
VEGETARIAN	VEGETARIAN	VEGETARIAN							
Pea Ricotta Frittata☐	Vegetarian Moussaka☐	Tempeh-Tofu Loaf							
Onion Balsamic Relish	Red Pepper Sauce	Mushroom Sage Gravy☐							
Dirty Brown Rice / Creole Vegetables	WW Rotini / Spicy Green Beans☐	Mashed Parsnips / Garden Mixed Veg							
2-May	3-May	4-May	5-May	6-May	7-May	8-May			
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS			
Beef & Lentil Ragout☐	Chicken Drumsticks☐	Turkey Breast	Cod Fillet	Chicken Thigh	Chicken Pozole Verde☐	Jamaican Pork Stew☐			
WW Rotini☐	Cranberry Chutney	Mushroom-Dijon Sauce☐	Brown Rice Pilaf	Mushroom Gravy	Mexican Brown Rice Beans☐	Brown Rice			
Capri Mixed Veg	Quinoa Pilaf / Root Veg Hash	Wild Rice Casserole / Brussel Sprouts☐	Stir Fry Vegetables	Parsnip & Sweet Potato / Green Beans☐	Cabbage & Carrots☐	Capri Mixed Veg			
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL			
Blackened Chicken Breast☐	Goan Pork Stew	Pea Ricotta Frittata, ☐	Pineapple Chicken	Turkey Stuffed Pepper☐	White Fish Cakes	Jamaican Pork Stew☐			
Tofu Jambalya	Quinoa Pilaf	Onion,BalsamicRelish☐	Ginger Orange Sauce☐	House Enchilada Sauce☐	Artichoke Pimiento Sauce☐	Brown Rice w/Okra☐			
Dirty Brown Rice / Spicy Green Beans	Carrot & Green Beans☐	White Rice w/Herbs / Broccoli☐	Brown Rice / Stir Fry Vegetables	Spanish Brown Rice / Cauliflower	WW Rotini / Brussel Sprouts☐				
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND			
Chicken Breast	Cod Fillet	<i>Celery Braised Pork Loin</i> ☐	Chicken Corn Chowder☐	Turkey Picadillo	Tempeh Tuna Cake☐	Beef Fricassee w/Tofu☐			
Carrot Ricotta Sauce☐	Creamy Dill Sauce	Mashed Potatoes	White Rice w/Herbs☐	Orzo	Basil Pesto Sauce	Mashed Potatoes			
White Egg Noodle / Mushroom Eggplant Saute	White Egg Noodle / Capri Mixed Veg	Yellow Zucchini	Carrot & Green Beans☐	Eggplant Zucchini Saute☐	Orzo / Carrot & Green Beans	Green Beans			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN			
Tofu Jambalya	Tempeh-Lentil Sloppy Joe Stuffed 'Shroom☐	Quinoa Caprese Bake☐	Curried Tofu	Tofu Bean Chile Verde☐	SplitPea-Cauli Patty☐	Spiced Tempeh Cake☐			
Dirty Brown Rice	Caponata Sauce	Broccoli	Vegetables w/Coconut☐	Brown Rice	Artichoke Pimiento Sauce☐	Garbanzo & Veg Stew☐			
Spicy Green Beans☐	Herb Polenta & Ricotta☐		Brown Rice Pilaf / Cauliflower	Spicy Green Beans☐	WW Rotini / Br.Sprouts & Carrots☐	Wheat Berry Pilaf			
9-May	10-May	11-May	12-May	13-May	14-May	15-May			
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS			
Pork Loin w/Tomato / Zesty Tomato Sauce☐	Beef Fricassee	Chicken Drumsticks☐	Turkey Chili	Cod Fillet	Mustard Glazed Thigh☐	Chicken Pomodoro			
Baked Pasta w/Greens☐	WW Rotini☐	Quinoa,Feta & Chickpea☐	Cheddar Grits	Sesame Brown Rice☐	Mushroom Alfredo Sauce☐	WW Rotini☐			
Garlic-Herb Carrots☐	Garden Mixed Veg	Creole Vegetables	Capri Mixed Veg	Kung Pao Tofu & Veg☐	Lentil w/Veggies / Capri Mixed Veg	Spicy Green Beans☐			
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL			
Spiced Chicken Breast☐	Roasted Pork Loin	Turkey Patty	Balsamic Chicken Breast☐	Cod Fillet	Roasted Turkey Breast☐	Beef Rosemary Stew☐			
Hominy Pozole Verde☐	Zesty Tomato Sauce☐	Onion BalsamicRelish☐	Artichoke Provençal☐	Kung Pao Tofu & Veg☐	Pumpkin Seed Sauce☐	White Rice Pilaf			
White Rice w/Herbs / Cabbage & Carrots☐	WW Rotini / Broccoli☐	Mashed Sweet Potato / Spicy Green Beans	WW Rotini / Capri Mixed Veg	Sesame Brown Rice / Peas & Carrots	Cheddar Grits / Zucchini 'Shroom Sauce	Eggplant Saute			

9-May	10-May	11-May	12-May	13-May	14-May	15-May
Pork & Root Veg Stew☐	Roasted Pork Loin	Turkey Patty	Chicken Breast	Beef Stroganoff	Roasted Turkey Breast☐	Cod Fillet
White Egg Noodle	Basil Pesto Sauce	Eggplant 'Shroom Sauce☐	Cream Of Celery Sauce☐	White Egg Noodle	Zucchini 'Shroom Sauce☐	Herb Sauce
Capri Mixed Veg	White Egg Noodle / Root Veg Hash	Orzo / Green Beans	Orzo / Carrot & Green Beans	Carrots	Mashed Sweet Potatoes☐	White Rice Pilaf / Eggplant Saute
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Tempeh, Buillon (nutri yst)	Eggplant Parmesan☐	Hearty Vegetable Stew☐	Tofu Burger	Kung Pao Tofu	Cajun Tofu w/Red Beans☐	Spiced Tempeh Cake☐
Hominy Pozole Verde☐	Zesty Tomato Sauce☐	Mashed Sweet Potato☐	WW Rotini☐	Sesame Brown Rice☐	Pumpkin Seed Sauce☐	Green Curry Veg Sauce☐
Spanish Brown Rice☐	WW Rotini / Carrots☐	Spicy Green Beans☐	Artichoke Provençal☐	Peas & Carrots	Cheddar Grits / Garden Mixed Veg	WW Rotini☐
16-May	17-May	18-May	19-May	20-May	21-May	22-May
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Pork Loin w/Rosemary☐	Beef Birria	Smokey Drumsticks☐	Thai Turkey-Tempeh Burger☐	Cod Fillet	Sage Chicken Thigh☐	Turkey Bolognese
Kale Pesto	Mexican Brown Rice & Beans☐	Cubana Sauce	Sweet Potato Cream☐	Green Curry Sauce☐	Red Wine Sauce	WW Rotini☐
Quinoa w/Artichokes / Garlic-Herb Carrots	Garden Mixed Veg	Wheat Berry Pilaf / Garden Mixed Veg	Brown Rice w/Veggies / Broccoli-Cauliflower	Basil Garlic Bulgur / Capri Mixed Veg	Parsnip & Sweet Potato / Broccoli-Cauliflower	Winter Vegetables
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Pork Loin w/Rosemary☐	Chicken Breast	Turkey Stuffed Pepper☐	Blackened Chicken Breast☐	Cod Fillet	Vegetarian Mu Shu Tofu☐	Turkey Lasagna
Garlic Confit	Alfredo Sauce		Paprikash Sauce	Split Pea Sauce	Brown Rice	Peas & Carrots
White Rice w/Herbs / Creole Vegetables☐	Wheat Berry Pilaf / Carrots	White Rice w/Herbs / Broccoli☐	Orzo w/Lentils / Spicy Cabbage & Onion	Basil Garlic Bulgur / Capri Mixed Veg	Green Beans	
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin	Chicken Breast	Turkey Stuffed 'Shroom☐	Chicken Eggplant Stew☐	Cod Fillet	Beef Stew	Turkey Lasagna
Apple Raisin Sauce☐	Alfredo Sauce	Bechamel Sauce	Orzo	Basil Pesto Sauce	White Egg Noodle	Green Beans
Orzo / Green Beans	White Egg Noodle / Carrots	White Egg Noodle / Garden Mixed Veg	Carrot & Green Beans☐	White Rice / Capri Mixed Veg	Yellow Zucchini	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Marinated Tempeh	Barley Red Bean Burger☐	Spinach Frittata	Tempeh-Cauli Patty☐	Blackened Tofu	Vegetarian Mu Shu Tofu☐	Lentil Tofu Bolognese☐
Ginger Garlic Sauce☐	Chipotle Chili Gravy☐	Brown Rice & Beans☐	Paprikash Sauce	Split Pea Sauce	Brown Rice	Garlic Confit
Brown Rice / Garlic-Herb Carrots	Wheat Berry Pilaf / Brussel Sprouts	Garden Mixed Veg	WW Rotini / Spicy Cabbage & Onion☐	Bulgur Pilaf / Capri Mixed Veg	Peas	WW Rotini / Spicy Green Beans☐
23-May	24-May	25-May	26-May	27-May	28-May	29-May
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Macanese Chicken	Pork Chile Verde	Chinese Beef Stew	Balsamic Drumsticks☐	Turkey Breast	White Fish Cakes	Chicken Thigh
Pepper Citrus Couscous☐	Mexican Brown Rice☐	Brown Rice	Red Pepper Sauce	Red Mole Sauce	Savory Tomato Relish☐	Bean Cacciatore
Broccoli	Winter Vegetables	Spicy Stir Fry Cabbage	Wheat Berry Pilaf / Green Beans	Mexican Brown Rice & Beans / Capri Mixed Veg	Baked Pasta w/Greens / Garlic-Herb Carrots	Herb Polenta & Ricotta / Green Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Cod Fillet	Pork & Potato Stew☐	BBQ Pork w/Pineapple☐	White Fish Cakes	Roasted Turkey Breast☐	Beef Fajita Stew	Beef Potato Dill Stew☐
Artichoke Spinach Sauce☐	Green Beans	Brown Rice	Basil Pesto Sauce	Red Mole Sauce	Brown Rice & Beans☐	WW Rotini☐
WW Rotini / Carrot & Green Beans☐	Orzo w/Lentils	Capri Mixed Veg	Wheat Berry Pilaf / Green Beans	Brown Rice / Capri Mixed Veg		Eggplant Saute
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Cod Fillet	Pork & Potato Stew☐	Chicken Breast	Frittata, Tuna & Veg☐	Roasted Turkey Breast☐	Chicken Casserole	Beef Potato Dill Stew☐
Zucchini Shroom Sauce☐	Orzo	English Pea&Cheese☐	Basil Pesto Sauce	Parsnip-Carrot Sauce☐	Eggplant Saute	White Rice
White Rice w/Herbs / Capri Mixed Veg☐	Green Beans	White Egg Noodle / Carrots	Orzo / Capri Mixed Veg	Mashed Potatoes / Yellow Zucchini		Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Burger	Tofu Egg Foo Young☐	Bean Parsnip Masala☐	Tempeh Cauli Patty☐	Enchilada Casserole☐	Roasted Savory Tofu☐	Lentil Bulgur Stuffed Pepper☐
Artichoke Spinach Sauce☐	Ginger Garlic Sauce☐	Garlic Confit	Eggplant 'Shroom Sauce☐	Peas & Carrots	Balsamic Portabello / Bean Cacciatore☐	Savory Tomato Relish☐
WW Rotini / Peas & Carrots☐	Brown Rice / Capri Mixed Veg	Brown Rice Pilaf / Broccoli	Wheat Berry Pilaf / Garden Mixed Veg		Herb Polenta & Ricotta☐	WW Rotini / Green Beans☐