

# MAY 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1-May	2-May	3-May	4-May	5-May
		WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
		Pork & White Bean Green Chili Quinoa, Edamame & Greens Roasted Root Vegetable Medley	Baked Salmon Creamy White Cheese Sauce Whole Wheat Rotini Broccoli	Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots	Chicken & Tomato Herb Stew Creamy Polenta w/Cheese Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
		Seasoned Tempeh  Quinoa, Edamame & Greens Creamy Root Veg & Chickpea Hash	Tofu, Cabbage & Egg Casserole  Ginger & Orange Sauce Whole Wheat Rotini Broccoli	Tempeh Cauliflower & Chickpea Patty  Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots	Tofu & Mushroom in Soy-Garlic Sauce Brown Rice Garden Mixed Vegetables	Split Pea, Tempeh & Cauliflower Patty  Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
		BLAND	BLAND	BLAND	BLAND	BLAND
		Pork, Tempeh & Squash Stew Herbed White Rice  Green Beans	Turkey Patty Creamy White Cheese Sauce  White Macaroni Capri Mixed Vegetables	Turkey & Mushroom Lasagna w/White Zucchini	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables  White Macaroni	Roasted Chicken Breast Creamy Tofu Mushroom & Zucchini  White Macaroni
		ESR	ESR	ESR	ESR	ESR
		Pork Tempeh & Squash Stew Herbed White Rice  Green Beans	Baked Salmon Creamy White Cheese Sauce  White Macaroni Capri Mixed Vegetables	Turkey & Mushroom Lasagna w/White Parsley & Cilantro Herb Sauce  Zucchini	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables  Creamy Polenta w/Cheese Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce  Barley w/Mushrooms Capri Mixed Vegetables
		CK3	CK3	CK3	CK3	CK3
		Pork & White Bean Green Chili White Rice Capri Mixed Vegetables	Salmon Fish Cake Ginger & Orange Sauce White Rice Broccoli	Tempeh Cauliflower & Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgur	Tofu & Mushroom in Soy-Garlic Brown Rice Garden Mixed Vegetables	Split Pea, Tempeh & Cauliflower Patty Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
6-May	7-May	8-May	9-May	10-May	11-May	12-May
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Mushroom Stew  Whole Wheat Rotini Broccoli	Rosemary Chicken Thigh  Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach Stew	Pork & Beans in Smoky Pepper Sauce  Quinoa Broccoli	Salmon Fish Cake  Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes	Turkey & Kidney Bean Chili  Brown Rice	Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash	Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Creamy Tofu & Mushroom Stew  Whole Wheat Rotini Broccoli	Balsamic-Marinated Portabello Mushroom White Bean, Red Peppers & Spinach Quinoa, Edamame & Greens	Curried Lentil & Tempeh Casserole  Quinoa Broccoli	Seasoned Tempeh  Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Barley Red Bean Burger  Parsley & Cilantro Sauce Brown Rice	Tempeh Cauliflower & Chickpea Patty Pumpkin Puree w/ Vegetables Whole Wheat Rotini	Tomato Eggplant Garbanzo Casserole Creamy Tomato Sauce Quinoa & Brown Rice
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef & Tofu in Creamy Mushroom Sauce  Orzo Carrots & Green Beans Parsley & Cilantro Herb Sauce	Roasted Chicken Breast  Roasted Carrot Ricotta Herb Sauce Herbed Orzo Zucchini	Pork, Potato & Herb Stew  White Rice Roasted Sweet Potatoes	Baked Salmon  Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey & Vegetable Egg Casserole  Herbed Orzo Green Beans	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni	Chicken Stew Herbed White Rice Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef & Mushroom Stew White Macaroni Broccoli	Rosemary Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey & Kidney Bean Chili Brown Rice Broccoli	Chicken, Mushroom & Spinach Stew Whole Wheat Rotini Peas & Carrots	Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice Carrots
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Creamy Tofu & Mushroom Stew  White Macaroni Broccoli	Balsamic-Marinated Portabello Mushroom White Bean, Red Peppers & Spinach Orzo Marinated Peas & Carrots	Pork & Beans in Smoky Pepper Sauce White Rice Broccoli Succotash	Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes Broccoli	Turkey & Kidney Bean Chili Brown Rice Broccoli Marinated Garden Mixed Veg	Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash Garlic Confit Green Beans	Chicken Stew Herbed White Rice Green Beans Green Beans

# MAY 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-May	14-May	15-May	16-May	17-May	18-May	19-May
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Beef &amp; Barley Stew</b> Roasted Sweet Potatoes	<b>Mustard Glazed Chicken Thigh</b> Brown Rice Stewed Tomatoes & Vegetable Medley	<b>Chicken, Broccoli &amp; Cheddar</b> Whole Wheat Rotini	<b>Baked Cod</b> Peas & Potatoes Ginger Curry Herbed Bulgur	<b>Chipotle Beef &amp; Turkey Meatloaf</b> Mexican-style Red Pepper & Tomato Quinoa, Edamame & Greens Garden Mixed Vegetables	<b>Pork &amp; Barley Stew</b> Roasted Sweet Potatoes	<b>Balsamic Marinated Chicken Breast</b> Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Tex-Mex Tempeh, Tofu, Beans &amp; Tomato Stew</b> Brown Rice Roasted Sweet Potatoes	<b>Whole Wheat Lasagna w/ Roasted Peppers &amp; Mushroom</b> Stewed Tomatoes & Vegetable Medley Peas	<b>Cumin-Spiced Tofu</b> Green Herb & Sesame Puree Whole Wheat Rotini Vegetable & Kidney Bean Saute	<b>Turmeric-Spiced Tofu</b> Peas & Potatoes Ginger Curry Herbed Bulgur	<b>Black Bean Chili Patty</b> Mexican-style Red Pepper & Tomato Brown Rice Garden Mixed Vegetables	<b>Rustic Tofu Sweet Potato Hash</b> Red Pepper Sauce Barley	<b>Balsamic-Marinated Portabello Mushroom</b> Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Roasted Root Vegetable Medley
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Beef Rosemary Stew</b> White Rice Roasted Sweet Potatoes	<b>Tuna &amp; Vegetable Egg Casserole</b> Parsley & Cilantro Herb Sauce White Macaroni Green Beans	<b>Turkey Stuffed Mushroom</b> Creamy White Herb Sauce Herbed Orzo Capri Mixed Vegetables	<b>Baked Cod</b> Tofu Stew White Macaroni Zucchini	<b>Turkey &amp; Eggplant Frittata</b> Parsley & Cilantro Herb Sauce White Rice Green Beans	<b>Pork Stew w/ Raisins</b> White Rice Pilaf Capri Mixed Vegetables	<b>Roasted Chicken Breast</b> Creamy White Cheese Sauce White Macaroni Butternut Squash
<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>
<b>Beef Rosemary Stew</b> White Rice Peas & Carrots	<b>Mustard Glazed Chicken Thigh</b> Stewed Tomatoes & Vegetable Medley Brown Rice	<b>Chicken, Broccoli &amp; Cheddar</b> Whole Wheat Rotini	<b>Baked Cod</b> Tofu Stew White Macaroni	<b>Chipotle Beef &amp; Turkey Meatloaf</b> Mexican-style Red Pepper & Tomato White Rice Garden Mixed Vegetables	<b>Pork &amp; Barley Stew</b> Peas & Carrots	<b>Balsamic Marinated Chicken Breast</b> Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Tex-Mex Tempeh, Tofu, Beans &amp; Brussel Sprouts</b> Brown Rice Brussel Sprouts	<b>Whole Wheat Lasagna w/ Roasted Green Beans</b>	<b>Chicken, Broccoli &amp; Cheddar</b> White Macaroni Brussel Sprouts & Carrots	<b>Turmeric-Spiced Tofu</b> Peas & Potatoes Ginger Curry Herbed Bulgur	<b>Black Bean Chili Patty</b> Mexican-style Red Pepper & Tomato White Rice Garden Mixed Vegetables	<b>Rustic Tofu Sweet Potato Hash</b> Red Pepper Sauce White Rice	<b>Lentil-Tempeh &amp; Tomato Hash</b> Whole Wheat Rotini Brussel Sprouts
20-May	21-May	22-May	23-May	24-May	25-May	26-May
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Mexican Beef &amp; Bean Stew</b> Brown Rice, Quinoa, Barley & Kale Blend  Carrots	<b>Roasted Chicken Thigh</b> Whole Wheat Rotini  Italian-Style Tomato & Herb Sauce Carrots	<b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice  Cauliflower	<b>Garlic-Herb Salmon</b> Whole Wheat Rotini  Stewed Artichoke Spinach & Tomato	<b>Asian-style Turkey Meatball</b> Thai Green Curry Sauce w/Coconut  Quinoa & Brown Rice Carrots	<b>Chicken, Cabbage &amp; Red Chili Stew</b> Brown Rice  Garden Mixed Vegetables	<b>Yogurt Herb Chicken Breast</b> Barley, Asparagus & Broccoli  Italian-Style Tomato, Peppers & Mushroom Sauce
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Tempeh &amp; Vegetable Hash</b> Zesty Cilantro w/ Pumpkin Seeds & Brown Rice Green Beans	<b>Whole Wheat Lasagana w/ Mushroom &amp; Peppers</b> Italian-Style Tomato & Herb Sauce Carrots	<b>Chili-Seasoned Tofu</b> Quinoa & Brown Rice Three Bean Hominy Hash	<b>Sweet-Spicy Tempeh Sticks</b> Whole Wheat Rotini Stewed Artichoke Spinach & Tomato	<b>Tempeh Cauliflower &amp; Chickpea Patty</b> Tomato & Chipotle Chili Gravy Quinoa & Brown Rice Green Beans	<b>Seasoned Tempeh</b> Tomato, Okra & Bean Stew Brown Rice	<b>Balsamic &amp; Garlic Tempeh</b> Italian-Style Tomato, Peppers & Barley, Asparagus & Broccoli Green Beans
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Beef &amp; Tofu Hash</b> Herbed White Rice Green Beans	<b>Roasted Chicken Breast</b> Parsnip & Carrot Sauce Herbed Orzo Zucchini	<b>Creamy Pork Stew w/Parsnip</b> Herbed White Rice Carrots	<b>Baked Salmon</b> Creamy Tofu Mushroom & Zucchini Orzo	<b>Creamy Turkey &amp; Mushroom Sauce</b> Orzo Capri Mixed Vegetables	<b>Turkey, Tempeh &amp; Vegetable Hash</b> Herbed Orzo Butternut Squash	<b>Creamy Chicken &amp; Sweet Potato Stew</b> Herbed Orzo Green Beans
<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>
<b>Beef &amp; Tofu Hash</b> Zesty Cilantro w/ Pumpkin Seeds & Herbed White Rice Green Beans	<b>Roasted Chicken Breast</b> Italian-Style Tomato & Herb Sauce Herbed Orzo Brussel Sprouts	<b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice Cauliflower*	<b>Garlic-Herb Salmon</b> Creamy Tofu Mushroom & Zucchini Whole Wheat Rotini	<b>Creamy Turkey &amp; Mushroom Sauce</b> Quinoa & Brown Rice Capri Mixed Vegetables	<b>Chicken, Cabbage &amp; Red Chili Stew</b> Brown Rice Garden Mixed Vegetables	<b>Yogurt Herb Chicken Breast</b> Italian-Style Tomato, Peppers & Barley, Asparagus & Broccoli
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Mexican Beef &amp; Bean Stew</b> Brown Rice Green Beans	<b>Whole Wheat Lasagana w/ Mushroom</b> Italian-Style Tomato & Herb Sauce Zucchini	<b>Chili-Seasoned Tofu</b> Mexican Green Tomato & Cream Herbed White Rice Cauliflower	<b>Salmon Fish Cake</b> Stewed Artichoke Spinach & Tomato Whole Wheat Rotini	<b>Tempeh Cauliflower &amp; Chickpea Patty</b> Tomato & Chipotle Chili Gravy White Rice Green Beans	<b>Chicken, Cabbage &amp; Red Chili Stew</b> Brown Rice Tomato, Okra & Bean Stew	<b>Creamy Chicken &amp; Sweet Potato Stew</b> Barley, Asparagus & Broccoli Green Beans

# MAY 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27-May	28-May	29-May	30-May	31-May		
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>		
<b>Beef Stew</b> Brown Rice	<b>Cumin-Spiced Chicken Thigh</b> Quinoa & Brown Rice White Bean & Vegetable in Turmeric Yogurt S. Carrots	<b>Smoky Chicken &amp; Lentil Stew</b> Brown Rice Garden Mixed Vegetables	<b>Baked Cod</b> Dijon Mustard Sauce Brown Rice Lentil, Tomato & Spinach Stew	<b>Rustic Turkey, Tomato &amp; Pepper Stew</b> Creamy Polenta w/Cheese Broccoli		
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>		
<b>Asian-Style Soy &amp; Sesame Black Bean</b> Asian Soy & Sesame Sauce Brown Rice	<b>Seasoned Tempeh</b> White Bean & Vegetables in Creamy Quinoa & Brown Rice	<b>Orange Tofu &amp; Edamame</b> Brown Rice Garden Mixed Vegetables	<b>Artichoke Spinach &amp; Tomato Egg Casserole</b> Lentil, Tomato & Spinach Stew Whole Wheat Rotini	<b>Tempeh Black Bean Burrito Casserole</b> Broccoli		
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>		
<b>Beef, Tempeh &amp; Veg Lasagna in Cream</b> Basil & Cheese Sauce Zucchini	<b>Tempeh &amp; Tuna Cake</b> Creamy Dill Sauce White Rice Green Beans	<b>Yogurt Herbed Chicken Breast</b> Basil & Cheese Sauce White Macaroni Zucchini	<b>Baked Cod</b> Herbed Tempeh & Zucchini Sauce White Macaroni Carrots	<b>Turkey w/ Mashed Root Vegetable Casserole</b> Creamy White Herb Sauce Green Beans		
<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>		
<b>Beef Stew</b> Brown Rice Broccoli	<b>Cumin-Spiced Chicken Thigh</b> White Bean & Vegetables in Creamy Turmeric Quinoa & Brown Rice Green Beans	<b>Smoky Chicken &amp; Lentil Stew</b> Brown Rice Zucchini Raw	<b>Baked Cod</b> Lentil, Tomato & Spinach Stew Whole Wheat Rotini	<b>Turkey Patty</b> Creamy White Herb Sauce White Macaroni Green Beans		
<b>CK3 W5D1</b>	<b>CK3 W5D2</b>	<b>CK3 W5D3</b>	<b>CK3 W5D4</b>	<b>CK3 W5D5</b>		
<b>Asian-Style Soy &amp; Sesame Black Bean</b> Asian Soy & Sesame Sauce White Rice Zucchini	<b>Seasoned Tempeh</b> White Bean & Vegetables in Creamy Turmeric White Rice Carrots	<b>Orange Tofu &amp; Edamame</b> Brown Rice Garden Mixed Vegetables	<b>Tempeh &amp; Tuna Cake</b> Dijon Mustard Sauce White Macaroni Carrots	<b>Rustic Turkey, Tomato &amp; Pepper Stew</b> Orzo Carrots		

## LUNCH

Yessica Arias, Nutrition Assistant at Project Open Hand

## Decoding Food Product Dates

### Are Dates for Food Safety or Food Quality?

Dates may be stamped on a package to help a retail grocery store determine how long to display a product for sale. These food labels are not mandated by law, *except for infant formula which is legally required*. Misunderstanding the significance of dates on food products may lead consumers to dispose of perfectly good and safe food. To combat food waste, it's crucial for consumers to recognize that these dates primarily indicate quality, not safety. Keep in mind that many factors can determine food safety- always store your food at the proper temperature. For example, dry goods like cereals are fine at room temperature, while milk and cheese need to be stored in the refrigerator under 41 degrees Fahrenheit.

### What do the date labels signify?

In the United States, there is no standardized language used on food labels. Because of these, various phrases are employed to convey quality dates.

**"Best if Used By/Before"** and **"Use-By"** date shows when a product is at its peak flavor or quality, not for purchase or safety.

A **"Sell-By"** date advises the store on how long to display the product for inventory management, not for safety purposes.

A **"Freeze-By"** date advises when to freeze the product for optimal quality, not for purchase or safety.

This chart from Leah's Pantry has suggested time frame for using foods past their dates. *These dates refer to unopened food, and once opened food should be used in about a week, depending on the food product.*

Canned Foods Shelf Life	After Code Date
Beans	3 years
High acid foods (fruit, tomato-based)	1-2 years
Low acid foods (vegetables, most soups)	2-3 years
Meat and fish	2-3 years
Condiments Shelf Life	After Use-By Date
Ketchup, cocktail, or chili sauce	18 months
Mayonnaise	3-6 months
Mustard	2 years
Olives, pickles	2 years
Salad dressing	1 year
Salsa	12-18 months
Spaghetti sauce	18 months
Vinegar	2 years
Shelf-Stable Beverages Shelf Life	After Use-By Date
Soy or rice milk	6 months
Nutritional aids like Ensure	1 year
Juice	9 months
Milk evaporated, dry	1 year

Dry Goods Shelf Life	After Use-By Date
Dried beans	1 year
Bread	3-5 days, 3 mo. frozen
Cereal and oatmeal	1 year
Crackers	6 months
White flour	1 year
Whole wheat flour	6 months
Dried fruit	6 months
Mac and cheese	9-12 months
Pasta	2-3 years
Peanut butter	18 months
Popcorn	2 years
Brown rice	1 year
White rice	2 years
Dairy Shelf Life	After Sell-By Date
Butter	3 months, 1 yr. frozen
Hard cheese	6 months
Soft cheese	1-2 weeks
Yogurt	2 weeks
Milk	1 week

**Important note:** Baby formula, vitamins and medicines should not be consumed after the expiration date on the label. If you want to learn more, visit the USDA website to learn more about food product dating.



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