

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
				1-May	2-May	3-May	4-May		
 Project Open Hand 40 years of meals with love May 2025 Wellness Menu				WELLNESS		WELLNESS			
				Cod Filet Macanese Curry Quinoa Brown Rice		Beef Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mix Veg		Chicken Pomodoro Polenta w/ Butternut Peas & Carrots	
				VEGETARIAN		VEGETARIAN		VEGETARIAN	
				Curried Tofu Macanese Curry Herbed bulgur & Veg		Black Bean Patty Red Mole Sauce Brown Rice Garden Mix Veg		Tofu Sweet Potato Hash Guajillo Chile Sauce Quinoa Brown Rice Peas & Carrots	
				BLAND		BLAND		BLAND	
				Cod Filet Tofu Stew White Macaroni Yellow Zucchini		Turkey Eggplant Torta White Rice w/ Herbs Yellow Zucchini		Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Veg	
				ESR		ESR		ESR	
Cod Filet Tofu Stew White Macaroni		Beef Turkey Meatloaf Red Mole Sauce White Rice Garden Mix Veg		Chicken Breast Guajillo Chile Sauce Quinoa Brown Rice Butternut Squash		Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables			
CK3		CK3		CK3		CK3			
Curried Tofu Macanese Curry Herbed bulgur & Veg		Black Bean Patty Red Mole Sauce White Rice Garden Mix Veg		Tofu Sweet Potato Hash Guajillo Chile Sauce White Rice		Tempeh Sloppy Joe Whole Wheat Rotini Brussel Sprouts			
5-May	6-May	7-May	8-May	9-May	10-May	11-May			
WELL		WELL		WELL		WELL			
Beef Birria Brown Rice Carrots		Chicken Thigh Chipotle Chili Gravy Brown Rice Succotash		Pork & Chickpea Stew Quinoa Brown Rice Cauliflower		Garlic Herb Salmon Whole Wheat Rotini Artichoke Ragout			
VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN			
Balsamic Portabello Bean Spinach Ragout Quinoa & Edamane Peas		Black Bean Patty Chipotle Chili Gravy Brown Rice Succotash		Southwest Tofu Quinoa Brown Rice Three Bean & Corn		Blackened Tempeh Whole Wheat Rotini Artichoke Ragout			
BLAND		BLAND		BLAND		BLAND			
Beef & Tofu Hash White Rice w/ Herbs Green Beans		Herbed Chicken Breast Cream of Celery Sauce Orzo Mushroom Pilaf Capri Mixed Veg		Pork Stew White Rice w/ Herbs Carrots		Baked Salmon Tofu Fricassee Orzo			
ESR		ESR		ESR		ESR			
Beef & Tofu Hash Garlic Confit White Rice Broccoli & Cauliflower		Chicken Breast Chipotle Chili Gravy Brown Rice Succotash		Pork & Chickpea Stew Quinoa Brown Rice Cauliflower		Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini			
CK3		CK3		CK3		CK3			
Beef Birria Brown Rice Green Beans		Black Bean Patty Chipotle Chili Gravy Succotash		Southwest Tofu Creamy Tomatillo White Rice w/ Herbs Cauliflower		Salmon Fish Cake Artichoke Ragout Whole Wheat Rotini			

12-May	13-May	14-May	15-May	16-May	17-May	18-May
WELL	WELL	WELL	WELL	WELL	WELL	WELL
Beef Sichuan & Broccoli Brown Rice Peas & Carrots	Cumin Chicken Thigh Tikka Masala Quinoa Brown Rice Carrots	Chicken Lentil Stew Brown Rice Garden Mix Veg	Argentinean Fish Stew Parsley Cilantro Brown Rice	Beef & Turkey Bologanes Whole Wheat Macaroni Broccoli	Pork Pozole Verde Brown Rice	Garlic & Ginger Chicken Sweet & Sour Sauce Veggie Fried Brown Rice
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Teriyak Black Bean Burger Teriyaki Sauce Brown Rice Broccoli	Seasoned Tempeh Tikka Masala Quinoa Brown Rice Carrots	Five Spice Tofu Asian Veg Sichuan Brown Rice	Artichoke Frittata Parsley Cilantro Whole Wheat Rotini Garden Mix Veg	Tempeh Burrito Casserole Broccoli	Southwest Tofu Cajun Tofu & Beans Brown Rice Carrots	Tempeh Veg Bean Chili Quinoa Brown Rice Herbed Corn & Edamame
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tempeh Lasagna Capri Mixed Veg	Tempeh Tuna Cake Creamy Dill Sauce White Rice Green Beans	Yogurt Herb Chicken Basil Pesto Sauce White Macaroni Yellow Zucchini	Cod Filet Tempeh & Zucchini White Macaroni Carrots	Turkey Breast Mushroom Cream Sauce White Macaroni Carrots & Green Beans	Pork Rosemary Stew Orzo Mushroom Pilaf Capri Mixed Veg	Chicken Eggplant Stew Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Sichuan & Broccoli Brown Rice Carrots	Cumin Chicken Thigh Tikka Masala White Rice Peas	Chicken Lentil Stew Brown Rice Yellow Zucchini	Cod Filet Tempeh & Zucchini White Macaroni Carrots	Turkey Patty Bechamel Sauce White Macaroni Green Beans	Pork Rosemary Stew Orzo Mushroom Pilaf Carrots	Garlic & Ginger Chicken Breast Sweet & Sour Sauce Quinoa Brown Rice Herbed Corn & Edamame
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Teriyaki Black Bean Burger Teriyaki Sauce White Rice Yellow Zucchini	Seasoned Tempeh Tikka Masala White Rice Carrots	Five Spice Tofu Ginger Garlic Sauce Asian Veg Sichuan Brown Rice	Tempeh Tuna Cake Argentinean Fish Stew White Macaroni	Beef & Turkey White Macaroni Green Beans	Cajun Tofu & Beans Quinoa & Edamane Succotash	Chicken Eggplant Stew Orzo Succotash
19-May	20-May	21-May	22-May	23-May	24-May	25-May
WELL	WELL	WELL	WELL	WELL	WELL	WELL
Beef Chili Brown Rice Broccoli & Carrots	Ginger Soy Chicken & Tofu Brown Rice	Pork & White Bean Quinoa & Edamane Roasted Sweet Potato	Baked Salmon Spinach Lemon Sauce Quinoa Brown Rice Broccoli	Turkey Picadillo Herbed bulgur & Veg Brussel Sprouts	Kung Pao Chicken Brown Rice	Tofu & Chicken Adobo Quinoa & Edamane Roasted Sweet Potato
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Lentil Tofu Bolognese Whole Wheat Rotini Garden Mix Veg	Baked Pepper Tofu Puttanesca Sauce Whole Wheat Rotini Capri Mixed Vegetables	Savory Tempeh Quinoa & Edamane Root Veg Chickpea Hash	Tofu Egg Foo Young Ginger Orange Sauce Brown Rice Broccoli	Tempeh Cauli Patty Green Herb Sauce Herbed Bulgur & Veg Eggplant & Peppers	Tofu Mushroom Adobo Brown Rice Garden Mix Veg	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Stroganoff White Macaroni Green Beans	Herbed Chicken Breast Mushroom Eggplant Saute White Rice w/ Herbs	Pork Tempeh Squash Stew White Rice w/ Herbs Green Beans	Turkey Patty Lite Alfredo Sauce White Macaroni Capri Mixed Veg	Turkey Lasagna Basil Pesto Sauce Capri Mixed Veg	Yogurt Herb Chicken Creamy Butternut White Macaroni Carrots & Green Beans	Chicken Breast Parsnip & Carrot Sauce White Rice w/ Herbs Yellow Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili Brown Rice Broccoli & Cauliflower	Chicken Breast Puttanesca Sauce Whole Wheat Rotini Peas & Carrots	Pork Tempeh Squash Stew White Rice w/ Herbs Peas & Carrots	Baked Salmon Lite Alfredo Sauce White Macaroni Capri Mixed Veg	Turkey Lasagna Herb Sauce Yellow Zucchini	Cod Filet Tofu Mushroom Adobo White Rice Broccoli	Tofu & Chicken Adobo Brown Rice Capri Mixed Veg
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef Mushroom Stroganoff White Macaroni Garden Mix Veg	Turkey Patty Puttanesca Sauce White Macaroni Peas & Carrots	Pork Chile White Rice Peas & Carrots	Salmon Fish Cake Ginger Orange Sauce White Rice Broccoli	Tempeh Cauli Patty Green Herb Sauce White Rice Eggplant & Peppers	Tofu Mushroom Adobo Brown Rice Garden Mix Veg	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg

26-May	27-May	28-May	29-May	30-May		
WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli	WELLNESS Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potato	WELLNESS Pork Black Bean Mole Quinoa Garden Mix Veg	WELLNESS Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts	WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli	 Project Open Hand 40 years of meals with love	
VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli	VEGETARIAN White Bean Spinach Casserole Creamy Tomatillo Garden Mix Veg	VEGETARIAN Mid-East Spiced Tofu Red Bean Veg Masala Quinoa Brown Rice Broccoli	VEGETARIAN Orange Tofu & Edamame Brown Rice Brussel Sprouts	VEGETARIAN Ranchero Stew Brown Rice Broccoli		
BLAND Beef Fricassee w/ Tofu Orzo Carrots & Green Beans	BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini	BLAND Pork & Potato Stew White Rice Roasted Sweet Potato	BLAND Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	BLAND Turkey-Veg Fritta Orzo & Herb Pilaf Green Beans		
ESR Beef Stroganoff White Macaroni Broccoli	ESR Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Carrots & Green Beans	ESR Pork Black Bean Mole Quinoa Broccoli	ESR Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	ESR Turkey Tetrazzini White Macaroni Broccoli		
CK3 Tofu Stroganoff White Macaroni Broccoli	CK3 Turkey Patty Creamy Tomatillo White Rice Roasted Sweet Potato	CK3 Pork Black Bean Mole White Rice Broccoli	CK3 Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mix Veg	CK3 Veg Ranchero Stew Brown Rice Broccoli		

PROJECT OPEN HAND

Keep Your Bones Strong with Calcium and Vitamin D

Erika Tribett, MPH at Project Open Hand

Calcium and vitamin D are two nutrients that help keep our bones, heart and muscles healthy!

Calcium is like the “building block” for our bones and teeth. It helps them stay strong and sturdy. As we age, our bones can become weaker, so it’s extra important to get enough calcium. Without enough calcium, we may risk having weak bones that could break easily.

You can get calcium from several foods:

- Milk or soymilk
- Plain yogurt
- Tofu (look for "calcium-set" tofu)
- Salmon and sardines, with bones
- Almonds and sesame seeds

How much calcium do we need each day?

Age Group	Recommended Dietary Amount
Adults	1,000 mg
Women over 51; Men over 71	1,200 mg

Vitamin D is like a helper for calcium. It helps your body absorb the calcium you eat and makes sure your bones get the strength they need. You can get Vitamin D from several foods:

- Fatty fish, like salmon, mackeral, or tuna
- Eggs, with yolk
- Fortified milk or soymilk
- Fortified orange juice

How much vitamin D do we need each day?

Age Group	Recommended Dietary Amount
Adults	600-800 IU (International Units)
Adults over 70	800-1,000 IU

Here are a few ideas that bring “yum!” to getting your daily calcium and vitamin D:

- ✓ Stir fry tofu with vegetables and sesame seeds
- ✓ Salmon cakes with cooked kale, sesame and lemon
- ✓ Soup of low-sodium broth with tofu, Bok choy and noodles
- ✓ Sardines with roasted vegetables or served on whole grain crackers
- ✓ Fortified soymilk or dairy milk in porridge or cereal
- ✓ Tofu or egg “scramble” with kale, mustard greens or turnip greens