

PROJECT OPEN HAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNE 2023 WELLNESS MENU VEGETABLES AND/OR FRUITS GRAINS PLANT-BASED PROTEIN CALCIUM FATS B12 + D			1-Jun WELLNESS Chicken Spinach Stew Whole Wheat Rotini Spicy Green Beans	2-Jun WELLNESS Pork Loin Roasted Apples Quinoa ButternutSquash Kale	3-Jun WELLNESS Citrus Chicken Breast Wild Rice & Quinoa Singapore Tofu Curry Vegetable Marinade Veggie Mix	4-Jun WELLNESS Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Vegetable Marinade Garden Mixed Veg
			RENAL Chicken Spinach Stew Herb Polenta & Ricotta Spicy Green Beans	RENAL Roasted Pork Loin Roasted Apples Squash Kale Quinoa	RENAL Cod Filet Singapore Tofu Curry Sesame Brown Rice Eggplant Saute	RENAL Meatloaf Florentine Zesty Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots
			BLAND Tempeh Tuna Cake Basil Pesto Sauce Orzo	BLAND Roasted Pork Loin Squash Puree w/Veg Orzo & Herb Pilaf	BLAND Chicken Breast Herb Sauce White Egg Noodle	BLAND Chicken Chowder Mashed Parsnips Garden Mixed Veg
			VEGETARIAN Barley Red Bean Burger Chipotle Chili Gravy Herb Polenta & Ricotta Spicy Green Beans	VEGETARIAN Tempeh Mushroom Cake Bell Pepper Relish Squash Kale Quinoa	VEGETARIAN Singapore Tofu Curry Sesame Brown Rice Broccoli Peas & Carrots	VEGETARIAN Vegetable Lasagna Zesty Tomato Sauce Garlic-Herb Carrots
5-Jun WELLNESS Beef Artichoke Ragout Brown Rice Whole Wheat Rotini Carrot & Green Beans Garden Mixed Veg w/ Marinadee	6-Jun WELLNESS Chicken-Lentil Stew Brown Rice Seasoned Carrots	7-Jun WELLNESS Blackened Pork Chop Red Mole Sauce Brown Rice Arroz Verde Mix Succotash	8-Jun WELLNESS Baked Salmon Caper-Dill Sauce Brown Rice Veggie Mix Cauli-Lentil Tagine	9-Jun WELLNESS Garlic-Herb Chicken Creamy Tomato Sauce Whole Wheat Rotini Carrot & Green Beans Vegetable Marinade	10-Jun WELLNESS Turkey Chili Cheddar Grits Broccoli-Cauliflower Vegetable Marinade	11-Jun WELLNESS Chicken Tikka Masala Brown Rice Garden Mixed Veg
RENAL Beef Artichoke Ragout Herbed Polenta Brussel Sprouts	RENAL Eggplant Parmesan Marinara Sauce Whole Wheat Rotini Broccoli	RENAL Blackened Pork Chop Red Mole Sauce Brown Rice Succotash	RENAL Baked Salmon Cauli-Lentil Tagine Brown Rice Pilaf Br.Sprouts & Carrots	RENAL Balsamic Chicken Breast White Bean Cacciatore Herb Polenta & Ricotta Green Beans Garden Mixed Veg	RENAL Cod Filet Vegetables w/Coconut Brown Rice Broccoli-Cauliflower	RENAL Chicken Tikka Masala White Rice Garden Mixed Veg
BLAND Turkey Shroom Ragu Herb Sauce White Egg Noodle Yellow Zucchini	BLAND Yogurt Herb Chicken Potato Cream Sauce Orzo Shroom Pilaf Carrot & Green Beans	BLAND Roasted Pork Loin Mushroom Gravy White Egg Noodle Capri Mixed Veg	BLAND Baked Salmon Creamy Dill Sauce Orzo & Herb Pilaf Garden Mixed Veg	BLAND Turkey Shepherd Pie Yellow Zucchini	BLAND Beef Rosemary Stew White Rice	BLAND Chicken Casserole Garden Mixed Veg
VEGETARIAN Tofu Burger Artichoke Provencal Whole Wheat Rotini Brussel Sprouts	VEGETARIAN Eggplant Parmesan Marinara Sauce Whole Wheat Rotini Garlic-Herb Carrots	VEGETARIAN Three Bean Tofu Chil Arroz Verde Pilaf Succotash	VEGETARIAN Baharat Spiced Tempeh Cauli-Lentil Tagine Brown Rice Pilaf	VEGETARIAN Roasted Savory Tofu Balsamic Portabello CannelliniCacciatore Herb Polenta&Ricotta	VEGETARIAN Tempeh-Tofu Loaf Vegetables w/Coconut Brown Rice	VEGETARIAN Zucchini & PepperFrittata Herb Sauce Whole Wheat Rotini Carrot & Green Beans
12-Jun WELLNESS Chicken Thigh Red Mole Sauce Salsa Verde Brown Rice Br.Sprouts & Carrots	13-Jun WELLNESS Turkey Tetrazzini Whole Wheat Rotini Br.Sprouts & Carrots	14-Jun WELLNESS Pork Loin w/Rosemary Brown Rice Beans & Potatoes Ratatouille	15-Jun WELLNESS Baked Salmon Wild Rice & Quinoa Artichokes-Parmesan	16-Jun WELLNESS Chicken Red Pozole Brown Rice Carrots	17-Jun WELLNESS Beef Chili Quinoa Bean Mix	18-Jun WELLNESS Chicken Casserole Red Pepper Sauce Whole Wheat Rotini
RENAL Mongolian Beef Brown Rice Green Beans	RENAL Turkey Bolognese Garlic Confit Whole Wheat Rotini Br.Sprouts & Carrots Green Beans	RENAL Chicken Casserole Garlic Cream Sauce Whole Wheat Rotini	RENAL Blackened Chicken Breast Dirty Brown Rice Creole Vegetables Garden Mixed Veg	RENAL Chicken Red Pozole Brown Rice & Beans Cauliflower	RENAL Baked Salmon Ginger Garlic Sauce Brown Rice Garlic-Herb Carrots	RENAL Pork Loin w/Rosemary Herbed Polenta Ratatouille

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Pork & Root Veg Stew White Egg Noodle Capri Mixed Veg	Beef Lasagna Yellow Zucchini	Chicken Breast Squash Cheese Sauce Orzo Shroom Pilaf Garden Mixed Veg	Tuna & Veg Frittata Orzo Capri Mixed Veg	Pork Loin Bechamel Sauce Mashed SweetPotatoes Green Beans	Turkey Stuffed Shrm Basil Pesto Sauce White Egg Noodle Capri Mixed Veg	Baked Salmon Vegetable Fricassee White Rice w/Herbs
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Blackened Tempeh Garden Veg Chili Brown Rice Zucchini	Spiced Tempeh Cake Whole Wheat Rotini Caponata	Tempeh Cauli Patty Garlic Cream Sauce Bulgur Pilaf Garden Mixed Veg	Cajun Tofu Bean & Veg Stew Dirty Brown Rice Peas	Southwest Tofu Hominy Pozole Verde Brown Rice	Roasted Savory Tofu Ginger Garlic Sauce Brown Rice	Ratatouille w/Tempeh Herbed Polenta Garlic-Herb Carrots
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Turkey Picadillo Cuban-Style Rice Cauliflower	Chicken Chili Brown Rice w/ Veggie Mix Garden Mixed Veg	Pork Loin Sherry-Shroom Sauce Whole Wheat Rotini Garlic-Herb Carrots	Blackened Salmon Black Eyed Pea & Peanut Stew Bulgur Pilaf Garden Mixed Veg	Chicken Shroom Adobo Brown Rice w/Okra Br.Sprouts & Carrots	Beef & Lentil Ragout Whole Wheat Rotini w/Marinara Sauce Green Beans & Peppers	Mediterreanean Turkey Burger Zesty Tomato Sauce PiquilloTomato Grits Capri Mixed Veg
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Turkey Picadillo Cuban-Style Rice Cauliflower	Chicken Chili Brown Rice Pilaf Garden Mixed Veg	Baked Salmon Basil Pesto Sauce White Egg Noodle Broccoli	Roasted Pork Loin Black Eyed Pea & Peanut Stew Bulgur Pilaf Brussel Sprouts	Chicken Shroom Adobo Brown Rice w/Okra Brussel Sprouts	Beef & Lentil Ragout Whole Wheat Rotini Green Beans & Peppers	Chicken Breast Squash Puree w/Veg White Egg Noodle Green Beans
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
Tempeh Picadillo Garlic Confit Cuban-Style Rice Cauliflower	White Bean Spinach Casserole Pumpkin Seed Sauce Garden Mixed Veg	Zucchini & Pepper Frittata Garlic Wild Rice Broccoli	Blackened Tempeh Black Eyed Pea & Peanut Stew Bulgur Pilaf Zucchini	Tofu Mushroom Adobo Brown Rice w/Okra Brussel Sprouts	Quinoa Caprese Bake Carrots	Tempeh Cauliflower Patty Arugula Parsley Puree PiquilloTomato Grits Spicy Green Beans
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun		
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		
RENAL	RENAL	RENAL	RENAL	RENAL		
Hoisin Chicken Thigh Ginger Garlic Sauce Brown Rice / Broccoli Quinoa Pilaf	TurkeyBeef Bolognese Whole Wheat Rotini Garlic-Herb Carrots Capri Mixed Veg	Mustard Glazed Thigh White Rice w/Herbs Garbanzo & Veg Stew Green Beans	Baked Salmon Red Pepper Sauce Wild Rice / Brussel Sprouts Capri Mixed Veg	Tempeh Lasagna Peas & Carrots		
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	Herbed Chicken Breast Squash Potato Puree Orzo / Garden Mixed Veg		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN		
Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice Peas & Carrots	Stuffed Shroom,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		