

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Jun						1-Jun
WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli	June 2025 Wellness Menu 40 Project Open Hand 40 years of meals with love What is brain health? Brain health refers to how well a person's brain functions across several areas. Motor function Controlling movements and balance Sensory function Seeing, hearing, tasting, and smelling Tactile function Feeling and responding to sensations of touch, including pressure, pain, and temperature Cognitive health Thinking, learning, and remembering Emotional function Interpreting and responding to emotions Learn more about keeping your brain healthy as you age: www.nia.nih.gov/brain-health					WELLNESS Jambalaya w/ Chicken Black Eyed Peas & Rice Brussel Sprouts
VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli						VEGETARIAN Curried Tofu Golden Cashew Curry Brown Rice Cauliflower
BLAND Beef Fricassee w/ Tofu Orzo Carrots & Green Beans						BLAND Chicken Stew White Rice w/Herbs Green Beans
ESR Beef Stroganoff White Macaroni Broccoli						ESR Cod Cakes Curried Tofu Golden Cashew Curry White Rice w/ Herbs
CK3 Tofu Stroganoff White Macaroni Broccoli						CK3 Cod Cakes Golden Cashew Curry Black Eyed Peas & Rice Cauliflower
2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
WELLNESS Beef & Barley Stew Roasted Sweet Potato	WELLNESS Chicken Tofu Chop Suey Veggie Fried Brown Rice	WELLNESS Chicken & Broccoli Whole Wheat Rotini	WELLNESS Cod Filet Macanese Curry Quinoa Brown Rice	WELLNESS Beef Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mix Veg	WELLNESS Chicken Pomodoro Polenta w/ Butternut Peas & Carrots	WELLNESS Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
VEGETARIAN Barley Red Bean Burger Parsley Cilantro Brown Rice Broccoli	VEGETARIAN Veg Medley Lasagna Marinara Sauce Peas	VEGETARIAN Mid-East Spiced Tofu Green Herb Sauce Whole Wheat Rotini Veg & Bean Saute	VEGETARIAN Curried Tofu Macanese Curry Herbed bulgur & Veg	VEGETARIAN Black Bean Patty Red Mole Sauce Brown Rice Garden Mix Veg	VEGETARIAN Tofu Sweet Potato Hash Guajillo Chile Sauce Quinoa Brown Rice Peas & Carrots	VEGETARIAN Balsamic Portabello Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables
BLAND Rosemary Beef & Potato Orzo Garden Mix Veg	BLAND Tuna & Veg Frittata White Macaroni Green Beans	BLAND Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Veg	BLAND Cod Filet Tofu Stew White Macaroni Yellow Zucchini	BLAND Turkey Eggplant Torta White Rice w/ Herbs Yellow Zucchini	BLAND Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Veg	BLAND Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash
ESR Beef Rosemary Stew White Rice Peas & Carrots	ESR Chicken Tofu Chop Suey White Rice Green Beans	ESR Chicken & Broccoli Whole Wheat Rotini	ESR Cod Filet Tofu Stew White Macaroni	ESR Beef Turkey Meatloaf Red Mole Sauce White Rice Garden Mix Veg	ESR Chicken Breast Guajillo Chile Sauce Quinoa Brown Rice Butternut Squash	ESR Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
CK3 Barley Red Bean Burger Parsley Cilantro Brown Rice Brussel Sprouts	CK3 Veg Medley Lasagna Green Beans	CK3 Chicken & Broccoli White Macaroni Brussel Sprouts & Carrots	CK3 Curried Tofu Macanese Curry Herbed bulgur & Veg	CK3 Black Bean Patty Red Mole Sauce White Rice Garden Mix Veg	CK3 Tofu Sweet Potato Hash Guajillo Chile Sauce White Rice	CK3 Tempeh Sloppy Joe Whole Wheat Rotini Brussel Sprouts

9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
WELL	WELL	WELL	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	Pork & Turkey Patty Green Curry Sauce Quinoa Brown Rice Carrots	Chicken Tinga Brown Rice Garden Mix Veg	Chicken w/ Oregano Mushroom & Broccoli Barley
VEGETARIAN	VEGETARIAN	VEGETARIAN	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	Tofu & Veg Lasagna Marinara Sauce Carrots	Savory Tempeh Jambalaya Stew Brown Rice	Tempeh Cauli Patty Cilantro Jalapeno Sauce Barley Green Beans
BLAND	BLAND	BLAND	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	Turkey Mushroom Ragu Orzo Capri Mixed Veg	Turkey Tempeh Hash Orzo & Herb Pilaf Butternut Squash	Chicken Chowder Orzo & Herb Pilaf Green Beans
ESR	ESR	ESR	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	Turkey Mushroom Ragu Quinoa Brown Rice Capri Mixed Veg	Chicken Tinga Brown Rice Garden Mix Veg	Chicken w/ Oregano & Lemon Mushroom & Broccoli Barley
CK3	CK3	CK3	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	Tofu & Veg Lasagna Marinara Sauce Yellow Zucchini	Chicken Tinga Brown Rice Jambalaya Stew	Turkey Patty Mushroom & Broccoli Barley
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
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

23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
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

PROJECT OPEN HAND

Brain Health Awareness Month

Angela Yatko Slagle, Nutrition Assitant at Project Open Hand

As a person gets older, change occurs in all parts of the body, including the brain. Brain aging affects everyone, or every brain, differently.

What is brain health? The World Health Organization recently defined brain health as “the state of brain functioning across cognitive, sensory, social-emotional, behavioral, and motor domains, allowing a person to realize their full potential over their life course.”

Why does it matter? Our brains control everything we do - every breath we take, every emotion we feel, what we remember. Protecting brain health is important for us as individuals and society at large.

What can we do for brain health? It is well known that nutrition and physical activity are shown to prevent chronic disease. The combination of good nutrition, physical activity and mental and social engagement may provide benefit in promoting brain health.

Additional suggestions:

Quit smoking, limit alcohol, manage blood pressure, socialize, learn a new skill, get enough quality sleep.

According to the American Heart Association, what is good for the heart is also good for the brain.

Make every bite count! In general, older adults have a lower calorie need but similar or increased nutrient needs compared to younger adults. A healthy, balanced diet consists of fruits and vegetables, whole grains, lean meats, fish & poultry, and low-fat or non-fat dairy products. Limit solid fats, sugar and salt. Be sure to drink enough water and other hydrating fluids.

Physical activity is an important part of healthy aging. The National Institute on Aging recommends at least 150 minutes per week of moderate- to vigorous-intensity physical activity.

Brain health is a very important component of overall wellness and aging. Small changes can add up - making them part of our routine can support brain function now and in the future.