


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Beef &amp; Lentil Ragout</b> Quinoa Broccoli	<b>Chicken Thigh w/ Italian Seasoning</b> Marinara Sauce Whole Wheat Rotini Peas & Carrots	<b>Chicken-Lentil Stew</b> Whole Wheat Rotini Garden Mix Veg	<b>Blackened Salmon</b> Wild Rice Pilaf Sofrito Brussels Sprouts	<b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli	<b>Chicken Chili Verde</b> Brown Rice, Farro & Quinoa Carrots	<b>Roasted Pork Loin</b> Southern Red Beans Creole Sauce Brown Rice
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Southern Red Beans</b> Tempeh & Mushroom Hash Brown Rice Broccoli	<b>Creamy White Beans &amp; Veg</b> Marinara Sauce Whole Wheat Rotini Vegan Seed 'Parmesan	<b>Five Spice Tofu</b> Asian Veg Sichuan Brown Rice	<b>Black Bean Patty</b> Sofrito Brown Rice Brussels Sprouts	<b>Tempeh Burrito Casserole</b> Broccoli	<b>Mid-East Spiced Tofu</b> Split Pea Stew Brown Rice Cauliflower	<b>Tempeh Veg Bean Chili</b> Quinoa Herbed Corn & Edamame
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Beef Tempeh Lasagna</b> Capri Mixed Veg	<b>Tempeh Tuna Cake</b> Creamy Dill Sauce White Rice Green Beans	<b>Yogurt Herb Chicken</b> Basil Pesto Sauce White Macaroni Yellow Zucchini	<b>Baked Salmon</b> Creamy Tofu Mushroom Orzo & Herb Pilaf Carrots	<b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans	<b>Pork Rosemary Stew</b> Orzo Mushroom Pilaf Capri Mixed Veg	<b>Chicken Eggplant Stew</b> 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; Lentil Ragout</b> Quinoa Broccoli	<b>Chicken Thigh w/ Italian Seasoning</b> Marinara Sauce Whole Wheat Rotini Peas & Carrots	<b>Chicken Lentil Stew</b> Brown Rice Yellow Zucchini	<b>Blackened Salmon</b> Sofrito Wild Rice Pilaf	<b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Green Beans	<b>Pork Rosemary Stew</b> Orzo Mushroom Pilaf Carrots	<b>Roasted Pork Loin</b> Southern Red Beans Brown Rice
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Carrots & Green Beans	<b>Cod Cakes</b> Marinara Sauce White Macaroni Carrots	<b>Five Spice Tofu</b> Ginger Garlic Sauce Asian Veg Sichuan Brown Rice	<b>Tempeh Tuna Cake</b> Sofrito White Macaroni	<b>Beef &amp; Turkey</b> White Macaroni Green Beans	<b>Mid-East Spiced Tofu</b> Split Pea Stew White Rice	<b>Tempeh Veg Bean Chili</b> Brown Rice Herbed Corn & Edamame
8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Beef Chili</b> Brown Rice Broccoli	<b>Five Spice Chicken</b> Asian Veg Sichuan Brown Rice, Farro & Quinoa	<b>Pork &amp; White Bean</b> Quinoa & Edamame Corn	<b>Baked Salmon</b> Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots	<b>Turkey Primevera</b> Whole Wheat Rotini Carrots	<b>Orange Chicken</b> Quinoa Corn	<b>Chicken &amp; Mushroom</b> Quinoa & Edamame Roasted Sweet Potato
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Vegetable Gumbo</b> Quinoa & Edamame Roasted Sweet Potato	<b>Baked Pepper w/ Tofu</b> Puttanesca Sauce Whole Wheat Rotini Capri Mixed Veg	<b>Portabello Tofu Ricotta</b> Red Pepper Chickpeas Quinoa & Edamame	<b>Cauli-Cashew "Mac &amp; Cheese"</b> Asparagus	<b>Tempeh Cauli Patty</b> Green Herb Sauce Quinoa Asparagus & Chickpea	<b>Tofu Mushroom Adobo</b> Brown Rice Garden Mix Veg	<b>Split Pea-Cauli Patty</b> Creamy Basil Sauce Quinoa & Edamame Capri Mixed Veg
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Beef Stroganoff</b> White Macaroni Green Beans	<b>Herbed Chicken Breast</b> Mushroom Eggplant Saute White Rice w/ Herbs	<b>Pork Tempeh Squash Stew</b> White Rice w/ Herbs Green Beans	<b>Turkey Patty</b> Lite Alfredo Sauce White Macaroni Capri Mixed Veg	<b>Turkey Lasagna</b> Basil Pesto Sauce Capri Mixed Veg	<b>Yogurt Herb Chicken</b> Creamy Butternut White Macaroni Carrots & Green Beans	<b>Chicken Breast</b> Parsnip & Carrot Sauce White Rice w/ Herbs Yellow Zucchini
<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>	<b>ESR</b>
<b>Beef Chili</b> White Rice Brussels Sprouts	<b>Chicken Breast</b> Puttanesca Sauce Whole Wheat Rotini Peas & Carrots	<b>Pork Tempeh Squash Stew</b> White Rice w/ Herbs Peas & Carrots	<b>Baked Salmon</b> Lite Alfredo Sauce White Macaroni Capri Mixed Veg	<b>Turkey Primevera</b> White Macaroni Asparagus	<b>Orange Chicken</b> Brown Rice Broccoli	<b>Chicken &amp; Mushroom</b> White Rice Brussels Sprouts
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Beef Stroganoff</b> White Macaroni Brussels Sprouts	<b>Turkey Patty</b> Puttanesca Sauce White Macaroni Peas & Carrots	<b>Pork &amp; White Bean</b> White Rice Peas & Carrots	<b>Salmon Fish Cake</b> Lite Alfredo Sauce White Macaroni Asparagus	<b>Turkey Primevera</b> White Macaroni Garden Mix Veg	<b>Orange Chicken</b> White Rice Broccoli & Cauliflower	<b>Split Pea-Cauli Patty</b> Creamy Basil Sauce Quinoa & Edamame Capri Mixed Veg

15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Beef Stroganoff</b> Brown Rice Broccoli	<b>Chicken Thigh</b> Turkey Gravy Brown Rice, Farro & Quinoa Brussels Sprouts	<b>Chicken Drumsticks</b> Dijon Sauce Wild Rice Pilaf	<b>Baked Salmon</b> Sweet & Sour Quinoa & Edamane Broccoli	<b>Provençal Turkey</b> Whole Wheat Rotini Carrots	<b>Chicken Fajita Stew</b> Brown Rice Carrots	<b>Chicken Gumbo</b> Brown Rice Broccoli
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Tofu Stroganoff</b> Whole Wheat Rotini Broccoli	<b>White Bean Spinach Casserole</b> Pumpkin Seed Sauce Garden Mix Veg	<b>Mid-East Spiced Tofu</b> Red Bean Veg Masala Quinoa Broccoli	<b>Orange Tofu &amp; Edamame</b> Brown Rice Brussels Sprouts	<b>Black-eyed Peas &amp; Peanut Stew</b> Brown Rice Broccoli	<b>Tempeh Cauli Patty</b> Butternut Squash+Veg Whole Wheat Rotini	<b>Curried Tofu</b> Golden Cashew Curry Brown Rice Cauliflower
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Beef Fricassee w/ Tofu</b> Orzo Carrots & Green Beans	<b>Chicken Breast</b> Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini	<b>Pork &amp; Potato Stew</b> White Rice Roasted Sweet Potato	<b>Baked Salmon</b> Creamy Dill Sauce White Macaroni Capri Mixed Veg	<b>Turkey &amp; Veg Frittata</b> Orzo & Herb Pilaf Green Beans	<b>Pork Tofu Veg Stew</b> Orzo & Herb Pilaf Butternut Squash	<b>Chicken Stew</b> White Rice w/ Herbs 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 Stroganoff</b> White Macaroni Peas	<b>Chicken Breast</b> Carrot Ricotta Sauce Orzo & Herb Pilaf Carrots & Green Beans	<b>Chicken Drumsticks</b> Dijon Sauce Wild Rice Pilaf Broccoli	<b>Baked Salmon</b> Creamy Dill Sauce White Macaroni Capri Mixed Veg	<b>Turkey Provençal</b> White Macaroni Garden Mix Veg	<b>Chicken Fajita Stew</b> Brown Rice Carrots	<b>Cod Cakes</b> Curried Tofu Golden Cashew Curry White Rice w/ Herbs
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Tofu Stroganoff</b> White Macaroni Broccoli	<b>Turkey Patty</b> Pumpkin Seed Sauce White Rice Roasted Sweet Potato	<b>Mid-East Spiced Tofu</b> Red Bean Veg Masala White Rice Yellow Zucchini	<b>Salmon Fish Cake</b> Creamy Dill Sauce Brown Rice Garden Mix Veg	<b>Provençal Turkey</b> Orzo & Herb Pilaf Butternut Squash	<b>Tempeh Cauli Patty</b> Butternut Squash+Veg White Rice	<b>Cod Cakes</b> Golden Cashew Curry Brown Rice Cauliflower
22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Beef Stew w/ Herbs</b> Quinoa Root Vegetables	<b>Chicken w/ Snow Peas</b> Quinoa & Edamane Peas & Carrots	<b>Chicken, Asparagus &amp; Cheddar</b> Brown Rice Carrots	<b>Baked Salmon</b> Coconut Curry Veg Brown Rice, Farro & Quinoa	<b>Turkey Mole</b> Brown Rice, Farro & Quinoa Carrots	<b>Chicken Pomodoro</b> Whole Wheat Rotini Brussels Sprouts	<b>Spiced Chicken Thigh</b> Salsa Verde Brown Rice, Farro & Quinoa Broccoli
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Barley Red Bean Burger</b> Parsley Cilantro Quinoa Green Beans	<b>Veg Medley Lasagna</b> Marinara Sauce Broccoli	<b>Mid-East Spiced Tofu</b> Green Herb Sauce Whole Wheat Rotini Veg & Kidney Bean	<b>Curried Tofu</b> Lentil Coconut Stew Brown Rice	<b>Black Bean Patty</b> Red Mole Sauce Brown Rice Garden Mix Veg	<b>Tofu Sweet Potato Hash</b> Creamy Tomatillo Brown Rice Cauliflower	<b>Tempeh Sloppy Joe</b> Balsamic Portabello Whole Wheat Rotini Capri Mixed Veg
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Rosemary Beef &amp; Potato</b> Orzo Garden Mix Veg	<b>Tuna &amp; Veg Frittata</b> Herb Sauce White Macaroni Green Beans	<b>Turkey-Stuffed Mushroom</b> Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Veg	<b>Cod Filet</b> Tofu Stew White Macaroni Yellow Zucchini	<b>Turkey Eggplant Torta</b> White Rice w/ Herbs Yellow Zucchini	<b>Pork Stew w/Raisins</b> White Rice Pilaf Capri Mixed Veg	<b>Chicken Breast</b> Alfredo Sauce Lite 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>Chicken &amp; Tofu Chop Suey</b> Brown Rice Green Beans	<b>Chicken, Asparagus &amp; Cheddar</b> Whole Wheat Rotini	<b>Cod Filet</b> Coconut Curry Veg Brown Rice	<b>Turkey Mole</b> Brown Rice Garden Mix Veg	<b>Chicken Breast</b> Creamy Tomatillo Polenta w/ Butternut	<b>Chicken Breast</b> Zesty Herb Puree White Macaroni Brussels Sprouts
<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>	<b>CK3</b>
<b>Barley Red Bean Burger</b> Parsley Cilantro Brown Rice Broccoli	<b>Veg Medley Lasagna</b> Green Beans	<b>Chicken, Asparagus &amp; Cheddar</b> White Macaroni Brussels Sprouts & Carrots	<b>Curried Tofu</b> Coconut Curry Veg Brown Rice	<b>Black Bean Patty</b> Red Mole Sauce White Rice Garden Mix Veg	<b>Tofu Sweet Potato Hash</b> Creamy Tomatillo White Rice	<b>Tempeh Sloppy Joe</b> Whole Wheat Rotini Brussels Sprouts

29-Jun	30-Jun	June 2026 Wellness Menu			
<b>WELLNESS</b> Beef Stew Brown Rice Brussels Sprouts	<b>WELLNESS</b> Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli	 <p><b>Project Open Hand</b> meals with love</p>			
<b>VEGETARIAN</b> Balsamic Portabello Bean Spinach Ragout Whole Wheat Rotini Asparagus	<b>VEGETARIAN</b> Sesame Tempeh Sticks Onion Gravy Kimchi-Brown Rice Edamame Medley				
<b>BLAND</b> Turkey Shepherd Pie Peas & Carrots	<b>BLAND</b> Beef, Tofu & Veg Hash White Rice w/ Herbs Green Beans				
<b>ESR</b> Beef Stew Brown Rice Brussels Sprouts	<b>ESR</b> Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli				
<b>CK3</b> Beef Stew Brown Rice Green Beans	<b>CK3</b> Beef & Tofu Hash White Rice w/ Herbs Broccoli				

**PROJECT OPEN HAND**

## Nutrition Education: Magnesium: Sources & Benefits

By Kristi Friesen, Registered Dietitian at Project Open Hand

### What does magnesium do for me?

Most people in the United States do not consume enough magnesium on a daily basis. Magnesium is an essential mineral and has some important roles:

- Structural component of bones and teeth
- Regulates nerve transmission and muscle contraction
- Assists in hundreds of essential cell-to-cell communications.

Some foods are good sources of magnesium including green leafy vegetables, whole grains, beans, and nuts. Since magnesium is a part of chlorophyll, the green pigment in plants, green leafy vegetables are good sources of magnesium. Darker green vegetables will contain more magnesium than lighter pigments. Unrefined (whole grains) and nuts also have high magnesium content.

### How much magnesium do you need?

The Recommended Daily Allowance (RDA) for men over 31 years old is 420mg, and for women over 31 years old it is 320mg.

The tolerable Upper Intake Level (UL) for magnesium is 350mg/day from supplements. The UL does not apply to naturally occurring magnesium in foods. If you are considering a supplement form of magnesium, check with your doctor about a safe intake level.

### Nutrient Interactions

Taking high doses of supplemental zinc may interfere with the absorption of magnesium. Check with your doctor about all high dose supplements to ensure you are keeping your nutrient intake in a good balance!

### What Foods Have Magnesium?

Food	Serving	Milligrams (mg) per serving
Brazil nuts	1 ounce (6 each)	107
Cereal, oat bran	½ cup dry	96
Brown rice, medium grain, cooked	1 cup	86
Cashews	1 ounce (16 each)	83
Spinach, frozen chopped, cooked	½ cup	78
Almonds	1 ounce (23 each)	77
Swiss chard, chopped, cooked	½ cup	75
Avocado	1 fruit	58