

Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday	
	1-Jul	2-Jul		3-Jul	4-Jul	5-Jul	6-Jul	
July 2025 Wellness Menu  Project Open Hand 40 years of meals with love	WELLNESS		WELLNESS	WELLNESS	WELLNESS	WELLNESS		
	Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potato		Pork Black Bean Mole Quinoa Garden Mix Veg	Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts	Turkey Tetrazzini Whole Wheat Rotini Broccoli	Chicken Fajita Stew Brown Rice Carrots		Jambalaya w/ Chicken Black Eyed Peas & Rice Brussel Sprouts
	VEGETARIAN		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN		VEGETARIAN
	White Bean Spinach Casserole Creamy Tomatillo Garden Mix Veg		Mid-East Spiced Tofu Red Bean Veg Masala Quinoa Brown Rice Broccoli	Orange Tofu & Edamame Brown Rice Brussel Sprouts	Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Patty Pumpkin Puree Whole Wheat Rotini Peas & Carrots		Curried Tofu Golden Cashew Curry Brown Rice Cauliflower
	BLAND		BLAND	BLAND	BLAND	BLAND		BLAND
	Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini		Pork & Potato Stew White Rice Roasted Sweet Potato	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	Turkey-Veg Fritta Orzo & Herb Pilaf Green Beans	Pork Tofu Veg Stew Orzo & Herb Pilaf Butternut Squash		Chicken Stew White Rice w/Herbs Green Beans
	ESR		ESR	ESR	ESR	ESR		ESR
	Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Carrots & Green Beans		Pork Black Bean Mole Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	Turkey Tetrazzini White Macaroni Broccoli	Chicken Fajita Stew Brown Rice Carrots		Cod Cakes Curried Tofu Golden Cashew Curry White Rice w/ Herbs
	CK3		CK3	CK3	CK3	CK3		CK3
	Turkey Patty Creamy Tomatillo White Rice Roasted Sweet Potato		Pork Black Bean Mole White Rice Broccoli	Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mix Veg	Veg Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Patty Pumpkin Puree White Rice		Cod Cakes Golden Cashew Curry Black Eyed Peas & Rice Cauliflower
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul		
WELLNESS		WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS		WELLNESS
Beef & Barley Stew Roasted Sweet Potato		Chicken Tofu Chop Suey Veggie Fried Brown Rice	Chicken & Broccoli Whole Wheat Rotini	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		Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
VEGETARIAN		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN		VEGETARIAN
Barley Red Bean Burger Parsley Cilantro Brown Rice Broccoli		Veg Medley Lasagna Marinara Sauce Peas	Mid-East Spiced Tofu Green Herb Sauce Whole Wheat Rotini Veg & Bean Saute	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		Balsamic Portabello Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables
BLAND		BLAND	BLAND	BLAND	BLAND	BLAND		BLAND
Rosemary Beef & Potato Orzo Garden Mix Veg		Tuna & Veg Frittata White Macaroni Green Beans	Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Veg	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		Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash
ESR		ESR	ESR	ESR	ESR	ESR		ESR
Beef Rosemary Stew White Rice Peas & Carrots		Chicken Tofu Chop Suey White Rice Green Beans	Chicken & Broccoli Whole Wheat Rotini	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	CK3	CK3		CK3
Barley Red Bean Burger Parsley Cilantro Brown Rice Brussel Sprouts		Veg Medley Lasagna Green Beans	Chicken & Broccoli White Macaroni Brussel Sprouts & Carrots	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

14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
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
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
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

28-Jul	29-Jul	30-Jul	31-Jul			
WELL	WELL	WELL	WELL	 Project Open Hand 40 years of meals with love		
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			
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			
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			
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			
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			

PROJECT OPEN HAND

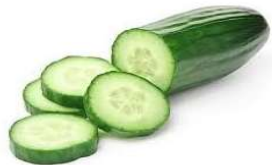
Keeping Cool as a Cucumber

Emily Hickey, UCSF Dietetic Intern at Project Open Hand

Not many foods are truly as cool as the cucumber...they are a versatile, tasty source of fiber, Vitamin A, K, and C. This fruit is low calorie and extremely hydrating due to the high-water content – perfect for keeping you well-hydrated during the hottest months of the year!

How can a cucumber benefit your health?

- Water and fiber in cucumbers promote good digestion and can prevent constipation (keep the peel on when you eat them!)
- The low glycemic index of this food is beneficial if you have diabetes to help manage blood sugar
- If you have a hard time drinking enough water during the day, snacking on cucumbers can help hydrate you (water intake is important for blood pressure, digestion, kidney function, memory, and regulating body temperature)



How can I eat a cucumber?

- Slice them and enjoy raw! They are great dipped in hummus, salsa, or yogurt dip.
- Blend them into a smoothie or juice.
- Cut them up and add to a sandwich, wrap, salad, or rice bowl.
- Pickle them – mix ½ cup white vinegar with ½ cup water.
- Add 1 Tablespoon sugar, 1 teaspoon salt, and optional black pepper, red pepper flakes, garlic, or herbs like dill. Mix well and add 1 thinly sliced cucumber. Let sit in the fridge for at least 12 hours, then add to salads, sandwiches, or eat as a delicious snack!



How do I store a cucumber?

- Wash, dry, and store your fresh cucumber in the fridge for up to a week
- Pickled cucumbers can last in the fridge up to 4 weeks

<https://health.clevelandclinic.org/benefits-of-cucumbers>

