

# July 2026 Wellness Menu



**Project Open Hand**  
meals with love

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
		1-Jul	2-Jul	3-Jul	4-Jul	5-Jul			
<b>WELLNESS</b> <b>Pork &amp; Chickpea Stew</b> Whole Wheat Rotini Garden Mix Veg		<b>WELLNESS</b> <b>Garlic Herb Salmon</b> Whole Wheat Rotini Artichoke Ragout		<b>WELLNESS</b> <b>Turkey Paprikash</b> Brown Rice, Farro & Quinoa Cauliflower		<b>WELLNESS</b> <b>Chicken Tinga</b> Quinoa Root Vegetables			
		<b>VEGETARIAN</b> <b>South West Tofu</b> Quinoa Three Bean & Corn		<b>VEGETARIAN</b> <b>Blackened Tempeh</b> Whole Wheat Rotini Artichoke Ragout		<b>VEGETARIAN</b> <b>Eggplant Chickpea Bake</b> Brown Rice Cauliflower		<b>VEGETARIAN</b> <b>Savory Tempeh</b> Jambalaya Stew Brown Rice	
		<b>BLAND</b> <b>Pork Stew</b> White Rice w/ Herbs Carrots		<b>BLAND</b> <b>Baked Salmon</b> Creamy Tofu Mushroom Orzo Capri Mixed Veg		<b>BLAND</b> <b>Turkey Mushroom Ragù</b> Orzo Capri Mixed Veg		<b>BLAND</b> <b>Turkey Tempeh Hash</b> Orzo & Herb Pilaf Butternut Squash	
		<b>ESR</b> <b>Pork &amp; Chickpea Stew</b> White Rice Cauliflower		<b>ESR</b> <b>Garlic Herb Salmon</b> Creamy Tofu Mushroom Orzo Capri Mixed Veg		<b>ESR</b> <b>Turkey Mushroom Ragù</b> White Macaroni Capri Mixed Veg		<b>ESR</b> <b>Chicken Tinga</b> Brown Rice Garden Mix Veg	
		<b>CK3</b> <b>Pork &amp; Chickpea Stew</b> White Rice w/ Herbs Cauliflower		<b>CK3</b> <b>Salmon Fish Cake</b> Artichoke Ragout Whole Wheat Rotini		<b>CK3</b> <b>Turkey Paprikash</b> Whole Wheat Rotini Carrots		<b>CK3</b> <b>Chicken Tinga</b> Brown Rice Jambalaya Stew	
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul			
<b>WELLNESS</b> <b>Beef &amp; Lentil Ragout</b> Quinoa Broccoli		<b>WELLNESS</b> <b>Chicken Thigh w/ Italian Seasoning</b> Marinara Sauce Whole Wheat Rotini Peas & Carrots		<b>WELLNESS</b> <b>Chicken-Lentil Stew</b> Whole Wheat Rotini Garden Mix Veg		<b>WELLNESS</b> <b>Blackened Salmon</b> Wild Rice Pilaf Sofrito Brussels Sprouts			
<b>VEGETARIAN</b> <b>Southern Red Beans</b> Tempeh & Mushroom Hash Brown Rice Broccoli		<b>VEGETARIAN</b> <b>Creamy White Beans &amp; Veg</b> Marinara Sauce Whole Wheat Rotini Vegan Seed 'Parmesan		<b>VEGETARIAN</b> <b>Five Spice Tofu</b> Asian Veg Sichuan Brown Rice		<b>VEGETARIAN</b> <b>Black Bean Patty</b> Sofrito Brown Rice Brussels Sprouts			
<b>BLAND</b> <b>Beef Tempeh Lasagna</b> Capri Mixed Veg		<b>BLAND</b> <b>Tempeh Tuna Cake</b> Creamy Dill Sauce White Rice Green Beans		<b>BLAND</b> <b>Yogurt Herb Chicken</b> Basil Pesto Sauce White Macaroni Yellow Zucchini		<b>BLAND</b> <b>Baked Salmon</b> Creamy Tofu Mushroom Orzo & Herb Pilaf Carrots			
<b>ESR</b> <b>Beef &amp; Lentil Ragout</b> Quinoa Broccoli		<b>ESR</b> <b>Chicken Thigh w/ Italian Seasoning</b> Marinara Sauce Whole Wheat Rotini Peas & Carrots		<b>ESR</b> <b>Chicken Lentil Stew</b> Brown Rice Yellow Zucchini		<b>ESR</b> <b>Blackened Salmon</b> Sofrito Wild Rice Pilaf			
<b>CK3</b> <b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Carrots & Green Beans		<b>CK3</b> <b>Cod Cakes</b> Marinara Sauce White Macaroni Carrots		<b>CK3</b> <b>Five Spice Tofu</b> Ginger Garlic Sauce Asian Veg Sichuan Brown Rice		<b>CK3</b> <b>Tempeh Tuna Cake</b> Sofrito White Macaroni			
<b>WELLNESS</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>WELLNESS</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>WELLNESS</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>WELLNESS</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli			
<b>VEGETARIAN</b> <b>Tempeh Burrito Casserole</b> Broccoli		<b>VEGETARIAN</b> <b>Tempeh Burrito Casserole</b> Broccoli		<b>VEGETARIAN</b> <b>Tempeh Burrito Casserole</b> Broccoli		<b>VEGETARIAN</b> <b>Tempeh Burrito Casserole</b> Broccoli			
<b>BLAND</b> <b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans		<b>BLAND</b> <b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans		<b>BLAND</b> <b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans		<b>BLAND</b> <b>Turkey Patty</b> Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans			
<b>ESR</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>ESR</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>ESR</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli		<b>ESR</b> <b>Beef &amp; Turkey</b> Whole Wheat Macaroni Broccoli			
<b>CK3</b> <b>Beef &amp; Turkey</b> White Macaroni Green Beans		<b>CK3</b> <b>Beef &amp; Turkey</b> White Macaroni Green Beans		<b>CK3</b> <b>Beef &amp; Turkey</b> White Macaroni Green Beans		<b>CK3</b> <b>Beef &amp; Turkey</b> White Macaroni Green Beans			
<b>WELLNESS</b> <b>Chicken Chili Verde</b> Brown Rice, Farro & Quinoa Carrots		<b>WELLNESS</b> <b>Roasted Pork Loin</b> Southern Red Beans Creole Sauce Brown Rice		<b>WELLNESS</b> <b>Roasted Pork Loin</b> Southern Red Beans Creole Sauce Brown Rice		<b>WELLNESS</b> <b>Roasted Pork Loin</b> Southern Red Beans Creole Sauce Brown Rice			
<b>VEGETARIAN</b> <b>Mid-East Spiced Tofu</b> Split Pea Stew Brown Rice Cauliflower		<b>VEGETARIAN</b> <b>Tempeh Veg Bean Chili</b> Quinoa Herbed Corn & Edamame		<b>VEGETARIAN</b> <b>Tempeh Veg Bean Chili</b> Quinoa Herbed Corn & Edamame		<b>VEGETARIAN</b> <b>Tempeh Veg Bean Chili</b> Quinoa Herbed Corn & Edamame			
<b>BLAND</b> <b>Pork Rosemary Stew</b> Orzo Mushroom Pilaf Capri Mixed Veg		<b>BLAND</b> <b>Chicken Eggplant Stew</b> Orzo Green Beans		<b>BLAND</b> <b>Chicken Eggplant Stew</b> Orzo Green Beans		<b>BLAND</b> <b>Chicken Eggplant Stew</b> Orzo Green Beans			
<b>ESR</b> <b>Pork Rosemary Stew</b> Orzo Mushroom Pilaf Carrots		<b>ESR</b> <b>Roasted Pork Loin</b> Southern Red Beans Brown Rice		<b>ESR</b> <b>Roasted Pork Loin</b> Southern Red Beans Brown Rice		<b>ESR</b> <b>Roasted Pork Loin</b> Southern Red Beans Brown Rice			
<b>CK3</b> <b>Mid-East Spiced Tofu</b> Split Pea Stew White Rice		<b>CK3</b> <b>Tempeh Veg Bean Chili</b> Brown Rice Herbed Corn & Edamame		<b>CK3</b> <b>Tempeh Veg Bean Chili</b> Brown Rice Herbed Corn & Edamame		<b>CK3</b> <b>Tempeh Veg Bean Chili</b> Brown Rice Herbed Corn & Edamame			

13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
<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 & Edamane 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 & Edamane 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 & Edamane 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 & Edamane	<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 & Edamane 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 & Edamane Capri Mixed Veg
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
<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>Provencal 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 Provencal</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>Provencal 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

27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
<b>WELLNESS</b> <b>Beef Stew w/ Herbs</b> Quinoa Root Vegetables	<b>WELLNESS</b> <b>Chicken w/ Snow Peas</b> Quinoa & Edamame Peas & Carrots	<b>WELLNESS</b> <b>Chicken, Asparagus &amp; Cheddar</b> Brown Rice Carrots	<b>WELLNESS</b> <b>Baked Salmon</b> Coconut Curry Veg Brown Rice, Farro & Quinoa	<b>WELLNESS</b> <b>Turkey Mole</b> Brown Rice, Farro & Quinoa Carrots
<b>VEGETARIAN</b> <b>Barley Red Bean Burger</b> Parsley Cilantro Quinoa Green Beans	<b>VEGETARIAN</b> <b>Veg Medley Lasagna</b> Marinara Sauce Broccoli	<b>VEGETARIAN</b> <b>Mid-East Spiced Tofu</b> Green Herb Sauce Whole Wheat Rotini Veg & Kidney Bean	<b>VEGETARIAN</b> <b>Curried Tofu</b> Lentil Coconut Stew Brown Rice	<b>VEGETARIAN</b> <b>Black Bean Patty</b> Red Mole Sauce Brown Rice Garden Mix Veg
<b>BLAND</b> <b>Rosemary Beef &amp; Potato</b> Orzo Garden Mix Veg	<b>BLAND</b> <b>Tuna &amp; Veg Frittata</b> Herb Sauce White Macaroni Green Beans	<b>BLAND</b> <b>Turkey-Stuffed Mushroom</b> Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Veg	<b>BLAND</b> <b>Cod Filet</b> Tofu Stew White Macaroni Yellow Zucchini	<b>BLAND</b> <b>Turkey Eggplant Torta</b> White Rice w/ Herbs Yellow Zucchini
<b>ESR</b> <b>Beef Rosemary Stew</b> White Rice Peas & Carrots	<b>ESR</b> <b>Chicken &amp; Tofu Chop Suey</b> Brown Rice Green Beans	<b>ESR</b> <b>Chicken, Asparagus &amp; Cheddar</b> Whole Wheat Rotini	<b>ESR</b> <b>Cod Filet</b> Coconut Curry Veg Brown Rice	<b>ESR</b> <b>Turkey Mole</b> Brown Rice Garden Mix Veg
<b>CK3</b> <b>Barley Red Bean Burger</b> Parsley Cilantro Brown Rice Broccoli	<b>CK3</b> <b>Veg Medley Lasagna</b> Green Beans	<b>CK3</b> <b>Chicken, Asparagus &amp; Cheddar</b> White Macaroni Brussels Sprouts & Carrots	<b>CK3</b> <b>Curried Tofu</b> Coconut Curry Veg Brown Rice	<b>CK3</b> <b>Black Bean Patty</b> Red Mole Sauce White Rice Garden Mix Veg



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## Nutrition Education: Stay Cool & Hydrated: Smart Summer Nutrition

By Varsha Bhanoor, Dietetic Intern at Project Open Hand

### Why Hydration Matters

Water helps your body control temperature, support digestion, and keep energy levels up. In hot weather, you lose more fluids through sweat, increasing your risk of dehydration.

### Signs of Dehydration

- Dry mouth or lips
- Dark yellow urine
- Feeling dizzy or tired
- Headache

Older adults may not feel thirsty so it's important to drink fluids regularly.

### How Much Do You Need?

Most adults need about **8–10 cups (64–80 oz) of fluids daily**, and more in hot weather or with activity.

### Eat Your Water

Hydrating foods can help you meet your fluid needs:

#### Food and Benefit

- Watermelon - 90% water + refreshing
- Cucumber - Very high water content
- Oranges - Fluids + vitamin C
- Yogurt - Protein + hydration

### Smart Hydration Tips

- Carry a water bottle
- Sip water every 1–2 hours
- Flavor water with fruit or herbs
- Limit sugary drinks and soda
- Choose soups, smoothies, or milk



### Try This

**Infused Water:** Add lemon + mint or berries + cucumber. Chill and enjoy!

**Quick Reminder:** Don't wait until you feel thirsty. Drink fluids throughout the day.