



Project Open Hand
meals with love

SEPTEMBER 2023 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Balsamic Chicken Breast Couscous & Quinoa Creole Vegetables	Beef Stew Brown Rice	Spiced Chicken Thigh Salsa Verde Ancient Grains & Kale Succotash	BBQ Pork Stew Quinoa & Edamame Broccoli	Turkey Meatloaf Sage Gravy Parsnips & Potato Garden Mixed Veg	Baked Salmon Brown Rice Artichoke Provencal	Smokey Chicken Stew Multi Grain Orzo Brussel Sprouts
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Cauli Patty Green Herb Sauce Couscous & Quinoa Creole Vegetables	White Bean Spinach Casserole Pumpkin Seed Sauce Peas & Carrots	Southwest Tofu Salsa Verde Brown Rice Succotash	Lentil Casserole Quinoa & Edamame Broccoli	Zucchini & Pepper Frittata Basil Pesto Sauce Whole Wheat Rotini Garden Mixed Veg	Tofu Burger Artichoke Ragout Brown Rice	Balsamic Portobello Lentil Tempeh Sloppy Joe Multi Grain Orzo Brussel Sprouts
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Carrot Ricotta Sauce Orzo Mushroom Pilaf Garden Mixed Veg	Beef Stroganoff White Egg Noodle Green Beans	Tuna & Veg Frittata Béchamel Sauce Orzo Garden Mixed Veg	Pork Stew White Rice w/Herbs Carrots	Turkey Patty Alfredo Sauce Mashed Sweet Potatoes Yellow Zucchini	Baked Salmon Tofu Veg Fricassee White Egg Noodle Green Beans	Chicken Eggplant Stew Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Balsamic Chicken Breast Creole Vegetables Garlic Confit Orzo	Beef Stew White Egg Noodle Vegetable Marinade Peas & Carrots	Spiced Chicken Thigh Salsa Verde Brown Rice Garlic Confit Succotash	Pork Stew White Rice w/Herbs Vegetable Marinade Broccoli	Turkey Meatloaf Sage Gravy Whole Wheat Rotini Garden Mixed Veg	Baked Salmon Tofu Veg Fricassee Garlic Confit White Egg Noodle	Smokey Chicken Stew Orzo Zesty Herb Puree Green Beans
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Tempeh Cauli Patty Garlic Confit Orzo	Beef Stew White Egg Noodle Roasted Potatoes Marinated Peas & Carrots	Southwest Tofu Salsa Verde Brown Rice Succotash	BBQ Pork Stew Quinoa & Edamame Vegetable Marinade Broccoli	Turkey Meatloaf Sage Gravy Sweet Potatoes & Parsnips Marinated Garden Mixed Veg	Salmon Fish Cake Artichoke Ragout White Egg Noodle Garlic Confit Green Beans	Chicken Eggplant Stew Orzo Zesty Herb Puree Green Beans
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Thigh House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots	Beef Stroganoff Multi Grain Orzo Broccoli & Carrots	Baked Salmon Mushroom Herb Sauce Brown Rice Broccoli	Turkey Chili Brown Rice Roasted Sweet Potato	Mustard Glazed Thigh Multi Grain Orzo Veggie Ragout	Pork Artichoke Stew Brown Rice Butternut Squash	Garlic Herb Chicken Creamy Tomatillo Multi Grain Orzo Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots	Tofu Mushroom Stroganoff Herb Sauce Whole Wheat Rotini Carrots	Tempeh Lentil Hash Garlic Confit Brown Rice Broccoli	Veggie Ranchero Stew Garlic Confit Brown Rice Roasted Sweet Potato	Balsamic Portobello Veggie Ragout Multi Grain Orzo White Bean & Peppers Sauté	Tempeh Cauli Patty Artichoke Provencal Ancient Grains & Kale Butternut Squash	Whole Wheat Mushroom Lasagna Marinara Sauce Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini	Beef Fricassee w/Tofu White Egg Noodle Herb Sauce Carrots & Green Beans	Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans	Turkey Shepherd Pie Alfredo Sauce White Egg Noodle Capri Mixed Veg	Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans	Turkey Stuffed Mushroom Herb Sauce White Egg Noodle Butternut Squash	Pork & Root Veg Stew White Rice w/Herbs White Egg Noodle Carrots
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots	Beefy Stroganoff White Egg Noodle Carrots	Baked Salmon Mushroom & Herb Sauce Brown Rice Broccoli	Turkey Chili Garlic Confit Brown Rice Veggie Ranchero Stew	Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté	Pork Artichoke Stew White Egg Noodle Garlic Confit Butternut Squash	Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots
CK3	CK4	CK5	CK6	CK7	CK8	CK9
Black Bean Chili Patty House Enchilada Sauce Herb Sauce Orzo	Tofu Mushroom Stroganoff Garlic Confit White Egg Noodle Carrots	Tempeh Lentil Hash Brown Rice Vegetable Marinade Garden Mixed Veg	Turkey Chili Brown Rice Roasted Sweet Potato	White Bean & Peppers Sauté Orzo Carrots & Green Beans	Turkey Patty Artichoke Provencal White Egg Noodle Garlic Confit Butternut Squash	Pork & Root Veg Stew White Rice w/Herbs Vegetable Marinade Carrots



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Broccoli & Carrots	Pork Mole Brown Rice Roasted Sweet Potato	Balsamic Chicken Quinoa & Brown Rice Ratatouille	Turkey Tetrazzini Whole Wheat Rotini Brussel Sprouts & Carrots	Garlic Herb Salmon Sweet & Sour Sauce Barley & Vegetables	Beef Bolognese Whole Wheat Rotini Broccoli	Rosemary Chicken Thigh Mushroom Alfredo Sauce Whole Wheat Rotini Brussel Sprouts & Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tomato Eggplant Bake Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg	Tofu Sweet Potato Hash Red Mole Sauce Brown Rice	Bullion Seasoned Tempeh Quinoa & Brown Rice Ratatouille	Tempeh Mushroom Patty Béchamel Sauce Whole Wheat Rotini Brussel Sprouts & Carrots	5-spice Roasted Tofu Sweet & Sour Sauce Barley & Vegetables Green Beans	Lentil Tofu Bolognese Polenta w/Butternut Garlic Confit Peas	Split Pea & Cauli Patty Mushroom Alfredo Sauce Whole Wheat Rotini Marinated Brussel Sprouts & Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Turkey & Veg Frittata Orzo & Herb Pilaf Green Beans	Pork & Potato Stew White Rice Sweet Potatoes	Chicken Breast Squash Puree w/Veg White Egg Noodle/Green Beans	Turkey Lasagna Herb Sauce Yellow Zucchini	Tempeh Tuna Cake Creamy Dill Sauce White Egg Noodle/Green Beans	Beef Tofu & Veg Hash Béchamel Sauce Orzo Shroom Pilaf/Capri Mix Veg	Chicken Chowder White Rice w/Herbs Yellow Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Meatloaf Florentine Creamy Tomato Sauce W.W. Rotini/Garden Mixed Veg	Pork Mole White Rice Carrots	Balsamic Chicken Quinoa & Brown Rice Ratatouille	Turkey Tetrazzini Whole Wheat Rotini Garlic Confit/Capri Mixed Veg	Garlic Herb Salmon Creamy Dill Sauce White Egg Noodle/Barley & Veg.	Beef Bolognese Polenta w/Butternut Garlic Confit/Peas	Rosemary Chicken Thigh Mushroom Alfredo Sauce W.W. Rotini/Brus.Sprouts & Carrots
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg w/ Garlic	Pork Mole White Rice Roasted Sweet Potato	Balsamic Chicken Squash Puree w/Veg Garlic Confit White Egg Noodle	Turkey Tetrazzini Whole Wheat Rotini Garlic Confit Capri Mixed Veg	Salmon Fish Cake Creamy Dill Sauce White Egg Noodle Green Beans	Beef Bolognese Polenta w/Butternut Garlic Confit Broccoli	Chicken Chowder White Rice w/Herbs Garlic Confit Brussel Sprouts & Carrots
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Chili Brown Rice Cauliflower	Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Cauliflower & Carrots	Pork & Chickpea Stew Brown Rice Garden Mixed Veg	Garlic-Herb Chicken Eggplant Mushroom Sauce Whole Wheat Rotini Garden Mixed Veg	Cod Filet Dijon Sauce Brown Rice Lentil Tomato Ragout	Chicken & Broccoli Whole Wheat Rotini Root Vegetables	Beef Fajita Stew Brown Rice Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Southwest Tofu Creamy Tomatillo Brown Rice Three Bean Hominy Hash	Eggplant Parmesan Marinara Sauce Whole Wheat Rotini Peas & Carrots	Savory Tempeh Vegetable Jambalaya Brown Rice	Black Bean Chili Patty Eggplant Mushroom Sauce Multi Grain Orzo	Artichoke Frittata Garlic Confit Whole Wheat Rotini Lentil Tomato Ragout	Orange Tofu & Edamame Whole Wheat Rotini Garlic Confit Root Vegetables	Vegetarian MuShu Tofu Garlic Confit Brown Rice Peas and Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Eggplant Zucchini Sauté White Rice w/Herbs	Turkey Mushroom Ragù Herb Sauce White Egg Noodle/Carrots	Beef Tempeh Lasagna Basil Pesto Sauce Yellow Zucchini	Pork Stew w/Raisins White Rice Pilaf Capri Mixed Veg	Cod Filet Creamy Tofu Veg Stew White Egg Noodle/Carrots	Turkey Eggplant Torta Orzo Green Beans	Yogurt Herb Chicken Mushroom Alfredo Sauce W. Rice w/Herbs/Capri Mix Veg
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Chicken Chili Brown Rice Garlic Confit Cauliflower	Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Peas	Pork & Chickpea Stew Creamy Tomatillo White Rice Garden Mixed Veg	Blackened Chicken Breast Eggplant Mushroom Sauce Orzo	Salmon Fish Cake Creamy Tofu Veg Stew White Egg Noodle	Chicken Broccoli & Cheddar Casserole Whole Wheat Rotini Garlic Confit Root Vegetables	Beef Fajita Stew Brown Rice Vegetable Marinade Peas & Carrots
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Southwest Tofu Creamy Tomatillo White Rice w/Herbs Three Bean Hominy Hash	Turkey Mushroom Ragù Herb Sauce White Egg Noodle Carrots	Pork & Chickpea Stew Creamy Tomatillo Brown Rice Garden Mixed Veg	Black Bean Chili Patty Eggplant Mushroom Sauce Garlic Confit White Rice Pilaf	Salmon Fish Cake Lentil Tomato Ragout White Egg Noodle	Orange Tofu & Edamame Whole Wheat Rotini Garlic Confit Root Vegetables	Beef Fajita Stew Garlic Confit White Rice w/Herbs Peas and Carrots

SEPTEMBER 2023 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	
WELLNESS Singapore Tofu Curry Sesame Brown Rice Broccoli	WELLNESS Tofu Mushroom Adobo Garlic Confit Whole Wheat Rotini Garbanzo & Veg Stew	WELLNESS Barley RedBean Burger Chipotle Chili Gravy Barley Peas and Carrots	WELLNESS Cajun Tofu w/Red Beans Brown Rice Garlic Confit Peas	WELLNESS Tempeh Burrito Casserole Root Vegetables	WELLNESS Tempeh Cauli Patty Parsley & Cilantro Herb Sauce Herbed Bulgur Green Beans & Peppers	
VEGETARIAN Singapore Tofu Curry Sesame Brown Rice Broccoli	VEGETARIAN Tofu Mushroom Adobo Garlic Confit Whole Wheat Rotini Garbanzo & Veg Stew	VEGETARIAN Barley RedBean Burger Chipotle Chili Gravy Barley Peas and Carrots	VEGETARIAN Cajun Tofu w/Red Beans Brown Rice Garlic Confit Peas	VEGETARIAN Tempeh Burrito Casserole Root Vegetables	VEGETARIAN Tempeh Cauli Patty Parsley & Cilantro Herb Sauce Herbed Bulgur Green Beans & Peppers	
BLAND Baked Salmon Cream Of Celery Sauce Orzo Root Veg Hash	BLAND Chicken Stew Mashed Parsnips Yellow Zucchini	BLAND Beef Rosemary Stew White Rice Green Beans	BLAND Cod Filet Tofu & Zucchini Sauté White Egg Noodle Carrots	BLAND Turkey Patty Mushroom Gravy White Egg Noodle Butternut Squash	BLAND Chicken Breast Squash Cheese Sauce White Rice Pilaf Green Beans	
ESR Singapore Pork Curry Sesame Brown Rice Broccoli	ESR Garlic Herb Chicken Cream Of Celery Sauce Whole Wheat Rotini Garbanzo & Veg Stew	ESR Beef Rosemary Stew White Rice Peas and Carrots	ESR Turkey Meatball Zesty Tomato Sauce Cheddar Grits	ESR Turkey w/Herbs Green Curry Sauce Brown Rice Garlic Confit Root Vegetables	ESR Macanese Chicken White Rice Pilaf Green Beans & Peppers	
CK3 Singapore Tofu Curry Sesame Brown Rice Root Veg Hash	CK3 Tofu Mushroom Adobo Whole Wheat Rotini Garlic Confit Garbanzo & Veg Stew	CK3 Beef & Barley Stew Barley Cooked Vegetable Marinade Peas and Carrots	CK3 Cajun Tofu w/Red Beans Garlic Confit Cheddar Grits Peas	CK3 Salmon Fish Cake Green Curry Sauce Brown Rice Garden Mixed Veg	CK3 Macanese Chicken White Rice Pilaf Green Beans & Peppers	

PROJECT OPEN HAND

Lunch Menu

Kevin Liu, Registered Dietitian

September 2023

Food Safety Awareness Month

Food safety can be a loaded topic, so let us go over some context before delving into safe at-home food preparation. In general, the severe food-borne illnesses are more likely to arise from the contamination of foods before we obtain and cook them ourselves. These include items like ground beef, spinach, and romaine lettuce from our modern complicated supply chain that may undergo food recalls you hear about in the news. We should be more scared of complicated and untraceable supply chains and less scared of food we cooked that we may let sit out overnight. Having said that, here are some steps we can take at home to stay safe, especially if we are older or living with chronic diseases.

Here are **eight recommendations** for safe at-home food preparation:

1. Store items in the fridge or freezer, as appropriate, upon returning from the grocery store.
2. In general, give produce items a rinse before cooking or eating.
3. Take care not to thaw raw meat at room temperature for over two hours to prevent the growth of food-borne bacteria; opt to thaw in the fridge or microwave for optimal safety.

4. Use one set of utensils and plates for raw meat or eggs and a separate set of utensil and plates for their cooked counterparts.

5. Fully reheat leftover food to 165 degrees Fahrenheit or higher before eating.

6. Be cautious of cooked food left out at room temperature for over 2 hours.

7. Do not simply throw away food past its "best by" date, as this date gives storage time for best quality *not* safety.

8. If unsure if food has spoiled, trust your senses and palates (or find someone you trust who does) and smell or taste a little bit of the food to inform you about whether it is edible or not.



Use separate plates for raw meat and cooked meat. The same advice applies to poultry and seafood.