

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Project Open Hand  
meals with love

# SEPTEMBER 2021 WELLNESS MENU

1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
<b>REGULAR</b> Chicken Jambalaya Brown Rice Spicy Green Beans	<b>REGULAR</b> Turkey Meatloaf Parmesan Sauce WW Rotini / Winter Vegetables	<b>REGULAR</b> Moroccan Beef Stew Brown Rice Pilaf Broccoli	<b>REGULAR</b> Soy Garlic Braised Sesame Garlic Rice Capri Mix Veg / Broccoli-Cauliflower	<b>REGULAR</b> Roasted ChickenThigh Creamy Basil Sauce Quinoa w/Feta & Garlic-Herb Carrots
<b>DIABETIC</b> Chicken Jambalaya Brown Rice Spicy Green Beans	<b>DIABETIC</b> Turkey Meatloaf Parmesan Sauce WW Rotini / Winter Vegetables	<b>DIABETIC</b> Moroccan Beef Stew Brown Rice Pilaf Broccoli	<b>DIABETIC</b> Soy Garlic Braised Sesame Garlic Rice Broccoli-Cauliflower	<b>DIABETIC</b> Roasted ChickenThigh Creamy Basil Sauce Quinoa w/Feta & Garlic-Herb Carrots
<b>RENAL</b> Chicken Jambalaya Brown Rice Spicy Green Beans	<b>RENAL</b> Turkey Meatloaf Parmesan Sauce White Rice / Brussel Sprouts	<b>RENAL</b> Moroccan Beef Stew Brown Rice Pilaf Broccoli	<b>RENAL</b> Soy Garlic Chicken Sesame Garlic Rice Capri Mixed Veg	<b>RENAL</b> Tempeh Tuna Cake Bell Pepper Relish White Rice / Carrots
<b>BLAND</b> Chicken Stew Orzo Zucchini	<b>BLAND</b> Turkey Patty w/Herbs Bechamel Sauce Mashed Potatoes / Peas & Carrots	<b>BLAND</b> Beef Herb Stew Orzo Green Beans	<b>BLAND</b> Yogurt Herb Chicken Basil Pesto White Rice Pilaf / Capri Mix Veg	<b>BLAND</b> Tempeh Tuna Cake Herb Sauce Orzo Pilaf w/ Peas & Carrots
<b>VEGETARIAN</b> Tempeh Chilaquiles Rojo Brown Rice Cauliflower	<b>VEGETARIAN</b> Stuffed Shrm Wild Rice Parmesan Sauce WW Rotini / Winter Vegetables	<b>VEGETARIAN</b> Zucchini Frittata Brown Rice Pilaf Broccoli	<b>VEGETARIAN</b> Mu Shu Tofu & Veg Sesame Garlic Rice Broccoli	<b>VEGETARIAN</b> Spiced Tempeh Cake Bell Pepper Relish Brown Rice / Green Beans

6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
<b>REGULAR</b> Tilapia Turkish Pea Veg Stew Tumeric Brown Rice Capri Mix Veg	<b>REGULAR</b> Chicken Drumsticks Red Pepper Sauce Quinoa w/Feta Green Beans	<b>REGULAR</b> Beef Bourguignon WW Rotini Capri Mix Veg	<b>REGULAR</b> Roasted Chicken Thigh Brown Rice Pilaf Bean & Kale Ragout	<b>REGULAR</b> Pork Chile Verde Brown Rice Capri Mix Veg	<b>REGULAR</b> Roasted Turkey Breast Mushroom-Dijon Brown Rice Pilaf Brussel Sprouts	<b>REGULAR</b> Chicken Tikka Masala Brown Rice & Veggies Carrots
<b>DIABETIC</b> Tilapia Turkish Pea VegStew Tumeric Brown Rice Capri Mix Veg	<b>DIABETIC</b> Chicken Drumsticks Red Pepper Sauce Quinoa w/Feta Green Beans	<b>DIABETIC</b> Beef Bourguignon WW Rotini Capri Mix Veg	<b>DIABETIC</b> Roasted ChickenThigh Brown Rice Pilaf Bean & Kale Ragout	<b>DIABETIC</b> Pork Chile Verde Brown Rice Capri Mixed Veg	<b>DIABETIC</b> Roasted TurkeyBreast Mushroom-Dijon Brown Rice Pilaf Brussel Sprouts	<b>DIABETIC</b> Chicken Tikka Masala BrownRice & Veggies Carrots
<b>RENAL</b> Baked Tilapia Turkish Pea VegStew Tumeric Brown Rice Capri Mixed Veg	<b>RENAL</b> Chicken Breast Red Pepper Sauce HerbedWhite Rice Garden Mixed Veg	<b>RENAL</b> Beef Bourguignon WW Rotini Carrots&GreenBeans	<b>RENAL</b> Chicken Breast Parsley Sauce White Rice Vegetable Fricassee	<b>RENAL</b> Pork Chile Verde Brown Rice Capri Mix Veg	<b>RENAL</b> Chicken Breast Mushroom-Dijon HerbedWhite Rice Brussel Sprouts	<b>RENAL</b> Chicken Tikka Brown Rice Carrots
<b>BLAND</b> Baked Tilapia Vegetable Fricassee White Rice w/Herbs	<b>BLAND</b> Chicken Breast Zucchini Tofu Pasta Casserole	<b>BLAND</b> Beef & Corn Chowder White Rice Carrots & Green Beans	<b>BLAND</b> Continental Pork Stew White Egg Noodles Capri Mix Veg	<b>BLAND</b> Mushrm Zucchini Quiche Peas	<b>BLAND</b> Turkey Eggplant Torta White Rice Green Beans	<b>BLAND</b> Chicken Tortilla Casserole Green Beans
<b>VEGETARIAN</b> Roasted SW Tempeh Turkish Pea VegStew Tumeric Brown Rice Capri Mix Veg	<b>VEGETARIAN</b> Vegetarian Moussaka Red Pepper Sauce Herbed Polenta Garden Mixed Veg	<b>VEGETARIAN</b> TofuMushrmStroganoff WW Rotini Peas & Carrots	<b>VEGETARIAN</b> Roasted Tempeh Bean & Kale Ragout Brown Rice Pilaf	<b>VEGETARIAN</b> Zucchini Tofu Pasta Bell Pepper Relish Capri Mixed Veg	<b>VEGETARIAN</b> Veggie Loaf Mushroom-Dijon Mashed Sweet Potato Brussel Sprouts	<b>VEGETARIAN</b> Spiced Tempeh Cake SmokeyEggplantShrmS Brown Rice Carrots

13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
<b>REGULAR</b> Blackened Chicken Herbed Polenta Creole Vegetables	<b>REGULAR</b> Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	<b>REGULAR</b> raised Pork Loin / Zesty Tomato Sauc Baked Pasta w/Greens Cauliflower	<b>REGULAR</b> Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	<b>REGULAR</b> Spicy Beef Stew Sesame Brown Rice Carrots&GreenBeans	<b>REGULAR</b> Chicken Tinga Brown Rice Garden Mixed Veg	<b>REGULAR</b> Meatloaf Florentine WW Rotini Caponata Sauce
<b>DIABETIC</b> Blackened Chicken Herbed Polenta Creole Vegetables	<b>DIABETIC</b> Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	<b>DIABETIC</b> raised Pork Loin / Zesty Tomato Sauc Baked Pasta w/Greens Carrots	<b>DIABETIC</b> Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	<b>DIABETIC</b> Spicy Beef Stew Sesame Brown Rice Carrots & Green Beans	<b>DIABETIC</b> Chicken Tinga Brown Rice Garden Mixed Veg	<b>DIABETIC</b> Meatloaf Florentine Caponata Sauce WW Rotini / Green Beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>13-Sep</b> <b>RENAL</b> Jalapeno Popper Frittata Pasta w/Greens  <b>BLAND</b> Turkey Veg Frittata Herb Sauce White Rice / Green Beans <b>VEGETARIAN</b> Jalapeno Popper Frittata Baked Pasta w/Greens  Creole Vegetables	<b>14-Sep</b> <b>RENAL</b> Baked Tilapia Mushroom Ragout Brown Rice / Peas & Carrots  <b>BLAND</b> Baked Tilapia Creamy Dill Sauce Orzo / Peas <b>VEGETARIAN</b> Roasted Tempeh White Bean Sweet Potato Casserole Capri Mixed Veg	<b>15-Sep</b> <b>RENAL</b> Chicken Breast Zesty Tomato Sauce Brown Rice / Cauliflower  <b>BLAND</b> Chicken Breast Potato Cream Sauce Orzo Pilaf w/ Peas & Green Beans <b>VEGETARIAN</b> Roasted Veg Lasagna Zesty Tomato Sauce	<b>16-Sep</b> <b>RENAL</b> Turkey Meatballs Turkey Gravy WW Rotini / Braised Cabbage  <b>BLAND</b> Turkey Meatballs / Mushroom Alfredo White Egg Noodle Capri Mixed Veg <b>VEGETARIAN</b> Swedish Tempeh Veg Balls Mushroom Sage Gravy	<b>17-Sep</b> <b>RENAL</b> Spicy Beef Stew Sesame Garlic Brown Rice Carrots & Green Beans  <b>BLAND</b> PeaTunaRicottaFritt Orzo Green Beans <b>VEGETARIAN</b> OrangeTofu & Edamame Sesame Garlic Brown Rice	<b>18-Sep</b> <b>RENAL</b> Chicken Tinga Brown Rice Garden Mixed Veg  <b>BLAND</b> Chix Shrm Noodle Casserole Carrots  <b>VEGETARIAN</b> Roasted Tofu Brown Rice  Garden Veg Bean Chili	<b>19-Sep</b> <b>RENAL</b> Meatloaf Florentine Herbed Polenta Caponata Sauce  <b>BLAND</b> Roasted Pork Loin Cheddar Grits Eggplant Saute <b>VEGETARIAN</b> Tofu Burger-Balls Herbed Polenta  Caponata Sauce
<b>20-Sep</b> <b>REGULAR</b> Chicken Drumsticks Ginger BBQ Sauce* Brown Rice / Cauliflower Tagine <b>DIABETIC</b> Chicken Drumsticks  Ginger BBQ Sauce Brown Rice / Cauliflower Tagine <b>RENAL</b> Chicken Breast Red Pepper Sauce Brown Rice / Cauliflower Tagine <b>BLAND</b> Chicken Breast / Parsnip Puree Orzo Pilaf w/Shrm & Peas Green Beans <b>VEGETARIAN</b> Roasted Tofu Red Pepper Sauce Brown Rice/ Cauliflower Tagine	<b>21-Sep</b> <b>REGULAR</b> Beef Birria Brown Rice & Beans Garden Mixed Veg <b>DIABETIC</b> Beef Birria  Brown Rice & Beans Carrots & Green Beans <b>RENAL</b> Beef Birria Brown Rice Garden Mixed Veg <b>BLAND</b> Beef Rosemary Stew Orzo Pilaf+LentilPC Capri Mix Veg <b>VEGETARIAN</b> Spinach Frittata Brown Rice & Beans Garden Mixed Veg	<b>22-Sep</b> <b>REGULAR</b> Pork Mole Brown Rice Capri Mix Veg <b>DIABETIC</b> Pork Mole  Brown Rice Carrots <b>RENAL</b> Pork Mole Brown Rice Capri Mixed Veg <b>BLAND</b> Pork Stew White Egg Noodles Peas <b>VEGETARIAN</b> Enchilada Casserole Broccoli	<b>23-Sep</b> <b>REGULAR</b> Chicken Breast Brown Rice Vegetables w/Coconut <b>DIABETIC</b> Chicken Breast  Brown Rice Vegetables w/Coconut <b>RENAL</b> Chicken Breast HerbedWhite Rice Vegetables w/Coconut <b>BLAND</b> Chicken Breast / Bechamel Sauce Orzo Root Veg & Chickpea Hash <b>VEGETARIAN</b> MarinatedBakedTempe Brown Rice Vegetables w/Coconut	<b>24-Sep</b> <b>REGULAR</b> Tilapia Dijon Sauce Quinoa Pilaf / Capri Mix Veg <b>DIABETIC</b> Tilapia  Dijon Sauce Quinoa Pilaf / Carrots & Green Bear <b>RENAL</b> Baked Tilapia Herbed White Rice Hearty VegetableStew <b>BLAND</b> Baked Tilapia Carrot Ricotta Herb Sauce White Egg Noodles / Green Beans <b>VEGETARIAN</b> Barley Red Bean Brown Rice Hearty Vegetable Stew	<b>25-Sep</b> <b>REGULAR</b> Turkey Bolognese WW Rotini Brussel Sprouts <b>DIABETIC</b> Turkey Bolognese  WW Rotini Brussel Sprouts <b>RENAL</b> Turkey Bolognese White Egg Noodles Brussel Sprouts <b>BLAND</b> WhiteTurkey & 'Shrm Ragout White Egg Noodles Peas & Carrots <b>VEGETARIAN</b> Roasted Tofu / Balsamic Portabello Cannellini Bean Cacciatore Herbed Polenta	<b>26-Sep</b> <b>REGULAR</b> Tandori Chicken / Golden Lentil Dahl Brown Rice w/Ginger Capri Mix Veg <b>DIABETIC</b> Cumin Spiced Chicken / Golden Lentil Dahl BrownRice & Veggies Capri Mixed Veg <b>RENAL</b> Pineapple Glazed Chicken Ginger Garlic Sauce Brown Rice / Green Beans <b>BLAND</b> Yogurt Herb Chicken Mushroom Alfredo Orzo Pilaf w/ Peas & Green Beans <b>VEGETARIAN</b> Curry-Spiced Tofu Golden Lentil Dahl Tumeric Brown Rice / Kale Saute
<b>27-Sep</b> <b>REGULAR</b> Chicken Breast Mushroom Alfredo WW Rotini / Broccoli <b>DIABETIC</b> Chicken Breast Mushroom Alfredo WW Rotini / Broccoli  <b>RENAL</b> Balsamic Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodle / Green Beans <b>BLAND</b> Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodles / Mushroom Veg Saute <b>VEGETARIAN</b> Tofu Burger  Chickpea Gravy WW Rotini / Broccoli	<b>28-Sep</b> <b>REGULAR</b> Chicken Chilaquiles Brown Rice Garden Mixed Veg <b>DIABETIC</b> Chicken Chilaquiles Brown Rice Garden Mixed Veg  <b>RENAL</b> Goan Pork Asado Brown Rice Carrots & Green Beans <b>BLAND</b> Baked Tilapia Creamy Dill Sauce White Egg Noodles / Capri Mix Veg <b>VEGETARIAN</b> Spiced Tempeh Cake Spinach Lemon Herb Brown Rice / Cauliflower	<b>29-Sep</b> <b>REGULAR</b> Beef & Lentil Stew Brown Rice Green Beans <b>DIABETIC</b> Beef & Lentil Stew Brown Rice Green Beans  <b>RENAL</b> EnglishPeaRicottaFri BalsamicOnionRelish White Rice / Broccoli <b>BLAND</b> Roasted Pork Loin Mashed Potatoes Mushroom Veg Saute  <b>VEGETARIAN</b> English Pea Ricotta Frittata Balsamic Onion Relish WW Rotini / Carrots	<b>30-Sep</b> <b>REGULAR</b> Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg <b>DIABETIC</b> Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg  <b>RENAL</b> Pineapple Glazed Chicken Ginger Orange Sauce Brown Rice / Stir Fry Veg <b>BLAND</b> Chicken Corn Chowder White Rice w/Herbs Carrots & Green Beans  <b>VEGETARIAN</b> Stuffed Pepper Mu Shu Veg Ginger & Orange Sauce Brown Rice / Stir Fry Veg	<b>Food Safety Basics</b>		
<p><b>Did you know?</b> You cannot see, smell, or taste harmful bacteria that may cause foodborne illness, also known as food poisoning. Certain people have an increased risk for foodborne illness. These groups are adults aged 65 and older, children younger than five, people with weakened immune systems, chronic illness, and pregnant women.</p> <p><b>Minimize your risk of foodborne illness by following these easy steps:</b></p> <p><b>Shopping</b></p> <ul style="list-style-type: none"> <li>Shop for all your nonperishable items first and all frozen or refrigerated items last!</li> <li>Make sure not to pick up meat or poultry packaging that is leaking or has torn packaging. Raw meat may contain salmonella, E.coli</li> </ul> <p><b>Storage</b></p> <ul style="list-style-type: none"> <li>Refrigerate perishable foods 2 hours after purchased.</li> <li>Cook or freeze fresh poultry, fish, ground meats within 2 days and beef, veal, lamb, or pork, within 3 to 5 days of purchase.</li> <li>Prevent meat juices from getting onto other food by securely wrapping and placing at the bottom shelf of the refrigerator.</li> <li>Discard cans that are dented, leaking, bulging, or rusted.</li> </ul> <p><b>Thawing</b></p> <ul style="list-style-type: none"> <li>If thawing in the refrigerator, make sure raw meats do not leak onto other foods.</li> <li>If thawing in cold water, change the water every 30 minutes and cook immediately after thawing.</li> </ul> <p><b>Preparing</b></p> <ul style="list-style-type: none"> <li>Always wash hands with soap and warm water for 20 seconds before and after handling food.</li> <li>Keep raw meat, poultry, fish, and their juices away from other foods! After cutting raw meats, wash cutting board, knife, and counter tops with hot, soapy water.</li> <li>Marinate meat and poultry in a covered dish in the</li> </ul> <p><b>Leftovers</b></p> <ul style="list-style-type: none"> <li>Throw away any food left out at room temperature for more than 2 hours! Bacteria grows best at room temperature.</li> <li>Use most cooked leftovers within 3 to 4 days.</li> <li>Reheat leftovers to 165 °F.</li> </ul>						