

Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
 Project Open Hand meals with love	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	
	WELLNESS		WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
	Chicken w/ Snow Peas	Chicken, Asparagus & Cheddar	Baked Salmon	Turkey Mole	Chicken Pomodoro	Spiced Chicken Thigh	
	Quinoa & Edamane	Brown Rice	Coconut Curry Veg	Brown Rice, Farro & Quinoa	Whole Wheat Rotini	Salsa Verde	
	Peas & Carrots	Carrots	Brown Rice, Farro & Quinoa	Carrots	Brussels Sprouts	Brown Rice, Farro & Quinoa	
						Broccoli	
	VEGETARIAN		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	Veg Medley Lasagna	Mid-East Spiced Tofu	Curried Tofu	Black Bean Patty	Tofu Sweet Potato Hash	Tempeh Sloppy Joe	
	Marinara Sauce	Green Herb Sauce	Lentil Coconut Stew	Red Mole Sauce	Creamy Tomatillo	Balsamic Portabello	
Broccoli	Whole Wheat Rotini	Brown Rice	Brown Rice	Brown Rice	Whole Wheat Rotini		
	Veg & Kidney Bean		Garden Mix Veg	Cauliflower	Capri Mixed Veg		
BLAND		BLAND	BLAND	BLAND	BLAND	BLAND	
Tuna & Veg Frittata	Turkey-Stuffed Mushroom	Cod Filet	Turkey Eggplant Torta	Pork Stew w/Raisins	Chicken Breast		
Herb Sauce	Bechamel Sauce	Tofu Stew	White Rice w/ Herbs	White Rice Pilaf	Alfredo Sauce Lite		
White Macaroni	Orzo & Herb Pilaf	White Macaroni	Yellow Zucchini	Capri Mixed Veg	White Macaroni		
Green Beans	Capri Mixed Veg	Yellow Zucchini			Butternut Squash		
ESR		ESR	ESR	ESR	ESR	ESR	
Chicken & Tofu Chop Suey	Chicken,Asparagus & Cheddar	Cod Filet	Turkey Mole	Chicken Breast	Chicken Breast		
Brown Rice	Whole Wheat Rotini	Coconut Curry Veg	Brown Rice	Creamy Tomatillo	Zesty Herb Puree		
Green Beans		Brown Rice	Garden Mix Veg	Polenta w/ Butternut	White Macaroni		
					Brussels Sprouts		
CK3		CK3	CK3	CK3	CK3	CK3	
Veg Medley Lasagna	Chicken,Asparagus & Cheddar	Curried Tofu	Black Bean Patty	Tofu Sweet Potato Hash	Tempeh Sloppy Joe		
Green Beans	White Macaroni	Coconut Curry Veg	Red Mole Sauce	Creamy Tomatillo	Whole Wheat Rotini		
	Brussels Sprouts & Carrots	Brown Rice	White Rice	White Rice	Brussels Sprouts		
			Garden Mix Veg				
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	
WELLNESS		WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	
Beef Stew	Hoisin Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	Turkey Paprikash	Chicken Tinga	Zesty Pork Stew	
Brown Rice	Onion Gravy	Whole Wheat Rotini	Whole Wheat Rotini	Brown Rice, Farro & Quinoa	Quinoa	Quinoa & Edamane	
Brussels Sprouts	Kimchi-Brown Rice	Garden Mix Veg	Artichoke Ragout	Cauliflower	Root Vegetables	Root Vegetables	
	Broccoli						
VEGETARIAN		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
Balsamic Portabello	Sesame Tempeh Sticks	South West Tofu	Blackened Tempeh	Eggplant Chickpea Bake	Savory Tempeh	Tempeh Cauli Patty	
Bean Spinach Ragout	Onion Gravy	Quinoa	Whole Wheat Rotini	Brown Rice	Jambalaya Stew	Savory Tomato & Pepper	
Whole Wheat Rotini	Kimchi-Brown Rice	Three Bean & Corn	Artichoke Ragout	Cauliflower	Brown Rice	Brown Rice, Farro & Quinoa	
Asparagus	Edamame Medley					Green Beans	
BLAND		BLAND	BLAND	BLAND	BLAND	BLAND	
Turkey Shepherd Pie	Beef, Tofu &Veg Hash	Pork Stew	Baked Salmon	Turkey Mushroom Ragu	Turkey Tempeh Hash	Chicken Chowder	
Peas & Carrots	White Rice w/ Herbs	White Rice w/ Herbs	Creamy Tofu Mushroom	Orzo	Orzo & Herb Pilaf	Orzo & Herb Pilaf	
	Green Beans	Carrots	Orzo	Capri Mixed Veg	Butternut Squash	Green Beans	
			Capri Mixed Veg				
ESR		ESR	ESR	ESR	ESR	ESR	
Beef Stew	Hoisin Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	Turkey Mushroom Ragu	Chicken Tinga	Chicken Chowder	
Brown Rice	Onion Gravy	White Rice	Creamy Tofu Mushroom	White Macaroni	Brown Rice	Brown Rice	
Brussels Sprouts	Kimchi-Brown Rice	Cauliflower	Orzo	Capri Mixed Veg	Garden Mix Veg	Green Beans	
	Broccoli		Capri Mixed Veg				
CK3		CK3	CK3	CK3	CK3	CK3	
Beef Stew	Beef & Tofu Hash	Pork & Chickpea Stew	Salmon Fish Cake	Turkey Paprikash	Chicken Tinga	Turkey Patty	
Brown Rice	White Rice w/ Herbs	White Rice w/ Herbs	Artichoke Ragout	Whole Wheat Rotini	Brown Rice	Savory Tomato & Pepper	
Green Beans	Broccoli	Cauliflower	Whole Wheat Rotini	Carrots	Jambalaya Stew	Orzo & Herb Pilaf	

14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Lentil Ragout Quinoa Broccoli	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots	Chicken-Lentil Stew Whole Wheat Rotini Garden Mix Veg	Blackened Salmon Wild Rice Pilaf Sofrito Brussels Sprouts	Beef & Turkey Whole Wheat Macaroni Broccoli	Chicken Chili Verde Brown Rice, Farro & Quinoa Carrots	Roasted Pork Loin Southern Red Beans Creole Sauce Brown Rice
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Southern Red Beans Tempeh & Mushroom Hash Brown Rice Broccoli	Creamy White Beans & Veg Marinara Sauce Whole Wheat Rotini Vegan Seed 'Parmesan	Five Spice Tofu Asian Veg Sichuan Brown Rice	Black Bean Patty Sofrito Brown Rice Brussels Sprouts	Tempeh Burrito Casserole Broccoli	Mid-East Spiced Tofu Split Pea Stew Brown Rice Cauliflower	Tempeh Veg Bean Chili Quinoa 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	Baked Salmon Creamy Tofu Mushroom Orzo & Herb Pilaf Carrots	Turkey Patty Parsnip & Carrot 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 & Lentil Ragout Quinoa Broccoli	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots	Chicken Lentil Stew Brown Rice Yellow Zucchini	Blackened Salmon Sofrito Wild Rice Pilaf	Turkey Patty Parsnip & Carrot Sauce White Macaroni Green Beans	Pork Rosemary Stew Orzo Mushroom Pilaf Carrots	Roasted Pork Loin Southern Red Beans Brown Rice
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef & Lentil Ragout Whole Wheat Rotini Carrots & Green Beans	Cod Cakes Marinara Sauce White Macaroni Carrots	Five Spice Tofu Ginger Garlic Sauce Asian Veg Sichuan Brown Rice	Tempeh Tuna Cake Sofrito White Macaroni	Beef & Turkey White Macaroni Green Beans	Mid-East Spiced Tofu Split Pea Stew White Rice	Tempeh Veg Bean Chili Brown Rice Herbed Corn & Edamame
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Chili Brown Rice Broccoli	Five Spice Chicken Asian Veg Sichuan Brown Rice, Farro & Quinoa	Pork & White Bean Quinoa & Edamane Corn	Baked Salmon Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots	Turkey Primevera Whole Wheat Rotini Carrots	Orange Chicken Quinoa Corn	Chicken & Mushroom Quinoa & Edamane Roasted Sweet Potato
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Gumbo Quinoa & Edamane Roasted Sweet Potato	Baked Pepper w/ Tofu Puttanesca Sauce Whole Wheat Rotini Capri Mixed Veg	Portabello Tofu Ricotta Red Pepper Chickpeas Quinoa & Edamane	Cauli-Cashew "Mac & Cheese" Asparagus	Tempeh Cauli Patty Green Herb Sauce Quinoa Asparagus & Chickpea	Tofu Mushroom Adobo Brown Rice Garden Mix Veg	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Stroganoff White Macaroni Green Beans	Herbed Chicken Breast Mushroom Eggpant 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	Turkey Lasagna Basil Pesto Sauce Capri Mixed Veg	Yogurt Herb Chicken Creamy Butternut White Macaroni Carrots & Green Beans	Chicken Breast Parsnip & Carrot Sauce White Rice w/ Herbs Yellow Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili White Rice Brussels Sprouts	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	Turkey Primevera White Macaroni Asparagus	Orange Chicken Brown Rice Broccoli	Chicken & Mushroom White Rice Brussels Sprouts
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef Stroganoff White Macaroni Brussels Sprouts	Turkey Patty Puttanesca Sauce White Macaroni Peas & Carrots	Pork & White Bean White Rice Peas & Carrots	Salmon Fish Cake Lite Alfredo Sauce White Macaroni Asparagus	Turkey Primevera White Macaroni Garden Mix Veg	Orange Chicken White Rice Broccoli & Cauliflower	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg

28-Sep	29-Sep	30-Sep				
WELLNESS Beef Stew w/ Herbs Quinoa Root Vegetables	WELLNESS Chicken w/ Snow Quinoa & Edamane Peas & Carrots	WELLNESS Chicken & Asparagus Brown Rice Carrots	September 2026 Wellness Menu 			
VEGETARIAN Barley Red Bean Burger Parsley Cilantro Quinoa Green Beans	VEGETARIAN WW Veg MedleyLasagna Marinara Sauce Broccoli	VEGETARIAN Mid-East Spiced Tofu Green Herb Sauce Whole Wheat Rotini Veg & Kidney Bean				
BLAND Rosemary Beef & Potato Orzo Garden Mix Veg	BLAND Tuna & Veg Frittata Herb Sauce Macaroni Green Beans	BLAND Turkey-Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Veg				
ESR Beef Rosemary Stew White Rice Peas & Carrots	ESR Chicken & Tofu Chop Suey Brown Rice Green Beans	ESR Chicken & Asparagus Whole Wheat Rotini				
CK3 Barley Red Bean Burger Parsley Cilantro Brown Rice Broccoli	CK3 WW Veg MedleyLasagna Green Beans	CK3 Chicken & Asparagus Macaroni Brussles Sprouts & Carrots				

PROJECT OPEN HAND

Nutrition Education: DEFROSTING FOODS SAFELY

By Kirstin Jackson, Registered Dietitian at Project Open Hand

Did you know that there are right and wrong ways to defrost frozen food?

Thawing foods correctly will help keep food free from unwanted bacteria, and you safe from foodborne illness!

Project Open Hand meals do not need to be defrosted before heating. Simply follow the heating directions on the package for safe and delicious meals.

DEFROSTING GUIDELINES

DON'T:

- **Don't leave frozen foods on the counter overnight to defrost.**
 - The food's temperature will rise above 40 degrees if left out for many hours. Unhealthy bacteria love to grow in this temperature danger zone!

INSTEAD:

- **Thaw your food over a day or two in the fridge.**
 - This way your food stays cold as it slowly defrost.

HAVE LESS TIME?

- **Defrost your food in a bowl of cold water** ~takes around 1 to 3 hours.
 - Make sure your food is in a leak-proof container (like a sealed bag).
 - Fill a large bowl with cold water.
 - Put your packaged food in the bowl. Make sure there is enough water to cover your food.
 - Replace the water every 30 minutes until your food is defrosted.
 - Cook immediately once thawed.

OR Defrost in the microwave. Follow your microwave's defrost instructions.

- **DON'T: Defrost food in hot water.** Thawing food in hot water unevenly defrosts the food. The outside of the food might even start to cook in the hot water while the inside is frozen!

For more information: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods>