

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
						1-Oct		2-Oct		3-Oct		4-Oct	
October 2026 Wellness Menu  Project Open Hand meals with love						WELLNESS		WELLNESS		WELLNESS		WELLNESS	
						Baked Salmon Sweet & Sour Vegetables Quinoa, Edamane & Greens Broccoli		Turkey Tetrazzini Twisted Elbow Macaroni Butternut Squash		Chicken Fajita Stew Brown Rice Carrots		Chicken Gumbo Brown Rice Broccoli	
						VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN	
						Orange Tofu & Edamame Brown Rice Brussel Sprouts		Blackeyed Peas Tempeh & Peanut Stew Brown Rice Broccoli		White Bean & Vegetable Stew Chermoula Sauce Quinoa, Edamane & Greens Peas		Curried Tofu Singapore Cashew Curry Brown Rice Cauliflower	
						BLAND		BLAND		BLAND		BLAND	
						Baked Salmon Creamy Dill Sauce Macaroni Capri Mixed Vegetables		Turkey & Veg Frittata Herbed Orzo Pilaf Carrots & Green Beans		Pork Tofu Veg Stew Herbed Orzo Pilaf Butternut Squash		Chicken Stew White Rice Green Beans	
						ESR		ESR		ESR		ESR	
						Baked Salmon Creamy Dill Sauce Macaroni Capri Mixed Vegetables		Turkey Tetrazzini Macaroni Broccoli		Chicken Fajita Stew Brown Rice Carrots		Cod Cakes Curried Tofu Singapore Cashew Curry White Rice	
						CK3		CK3		CK3		CK3	
						Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mixed Vegetables		Turkey Tetrazzini Herbed Orzo Pilaf Butternut Squash		White Bean & Vegetable Stew Chermoula Sauce Quinoa, Edamane & Greens Garden Mixed Vegetables		Cod Cakes Singapore Cashew Curry Brown Rice Cauliflower	
5-Oct		6-Oct		7-Oct		8-Oct		9-Oct		10-Oct		11-Oct	
WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS	
Beef Stew Quinoa Root Vegetables		Mustard Glazed Chicken Thigh Cacciatore Sauce Twisted Elbow Macaroni Root Vegetables		Chicken, Broccoli & Cheddar Brown Rice Peas		Cod Filet Sun Dried Tomato Cream Sauce Polenta Roasted Sweet Potatoes		Roasted Pork Loin Southwest Brown Rice Harvest Chili		Chicken Pomodoro Stew Whole Wheat Rotini Brussel Sprouts		Paprika Chicken Thigh Salsa Verde Brown Rice,Farro & Quinoa Broccoli	
VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN	
Honey Sesame Tofu Brown Rice Carrots & Green Beans		Vegetable Medley Lasagna Marinara Sauce Broccoli		Roasted Baharat Tofu Green Herb Tahini Sauce Fall Wild Rice Pilaf Veg & Kidney Bean Saute		Lentil Walnut Patty Sun Dried Tomato Cream Sauce Polenta Capri Mixed Vegetables		Tempeh Taco Hash Harvest Chili Quinoa Capri Mixed Vegetables		Tofu Sweet Potato Creole Hash Tomatillo Cream Sauce Brown Rice Cauliflower		Balsamic Portabello Mushroom Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Capri Mixed Vegetables	
BLAND		BLAND		BLAND		BLAND		BLAND		BLAND		BLAND	
Beef & Herb Ragout Orzo Capri Mixed Vegetables		Tuna & Vegetable Frittata Herb Sauce Macaroni Green Beans		Turkey Stuffed Mushroom Bechamel Sauce Herbed Orzo Pilaf Capri Mixed Vegetables		Baked Salmon Basil Pesto Sauce Macaroni Carrots & Green Beans		Turkey & Eggplant Torta White Rice Zucchini		Pork Stew w/ Raisins White Rice Capri Mixed Vegetables		Roasted Chicken Breast Lite Alfredo Sauce Macaroni Butternut Squash	
ESR		ESR		ESR		ESR		ESR		ESR		ESR	
Beef & Herb Ragout Orzo Broccoli		Mustard Glazed Chicken Thigh Cacciatore Sauce Macaroni Root Vegetables		Chicken, Broccoli & Cheddar Whole Wheat Rotini		Baked Salmon Basil Pesto Sauce Twisted Elbow Macaroni Peas and Carrots		Paprika Chicken Thigh Harvest Chili White Rice		Chicken Pomodoro Whole Wheat Rotini Cauliflower		Roasted Chicken Breast Zesty Herb Puree Macaroni Brussel Sprouts	
CK3		CK3		CK3		CK3		CK3		CK3		CK3	
Beef & Herb Ragout Orzo Capri Mixed Vegetables		Vegetable Medley Lasagna Green Beans		Chicken, Broccoli & Cheddar Macaroni Brussel Sprouts & Carrots		Salmon Fish Cake Basil Pesto Sauce Polenta Capri Mixed Vegetables		Tempeh Taco Hash Harvest Chili Quinoa Capri Mixed Vegetables		Tofu Sweet Potato Creole Hash Tomatillo Cream Sauce White Rice		Lentil-Tempeh Sloppy Joe Macaroni Brussel Sprouts	

12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Stew Brown Rice Brussel Sprouts	Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli	Pineapple-Soy Chicken Brown Rice Carrots	Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach & Tomato Ragout	Turkey Picadillo Quinoa, Edamane & Greens Peas & Carrots	Chicken Tinga Quinoa Root Vegetables	Zesty Pork Stew Quinoa, Edamane & Greens Root Vegetables
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Balsamic Portabello White Bean & Spinach Ragout Whole Wheat Rotini Asparagus	Sesame Tempeh Sticks Onion Gravy Kimchi-Brown Rice Edamame, Onions & Peppers	Green Stuffed Pepper Tofu Ricotta Enchilada Sauce Brown Rice Broccoli	Tofu Burger Artichoke Spinach & Tomato Ragout Twisted Elbow Macaroni	Zucchini & Peppers Frittata Lemon Tahini Sauce Quinoa Peas & Carrots	Southwest Tempeh Jambalaya Stew Brown Rice	Garden Pea Ragout Twisted Elbow Macaroni Garden Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Turkey-Tempeh Shepherd Pie Peas & Carrots	Beef Tofu Hash White Rice Green Beans	Continental Pork Stew White Rice Carrots	Baked Salmon Tofu Cream & Mushrooms Orzo Capri Mixed Vegetables	Turkey Mushroom Ragu Orzo Capri Mixed Vegetables	Turkey Potato Hash White Rice Butternut Squash	Chicken Veg Chowder Mashed Potatoes Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Stew Brown Rice Brussel Sprouts	Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli	Pineapple-Soy Chicken White Rice Brussels & Carrots	Garlic Herb Salmon Tofu Cream & Mushrooms Orzo Capri Mixed Vegetables	Turkey Mushroom Ragu Macaroni Capri Mixed Vegetables	Chicken Tinga Brown Rice Garden Mixed Vegetables	Chicken & Sweet Potato Chowder Brown Rice Green Beans
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef Stew Brown Rice Green Beans	Beef Tofu Hash White Rice Broccoli	Pineapple-Soy Chicken Brown Rice Peas and Carrots	Salmon Fish Cake Artichoke Spinach & Tomato Ragout Whole Wheat Rotini	Turkey Mushroom Ragu Orzo Carrots	Chicken Tinga White Rice Brussel Sprouts	Garden Pea Ragout Twisted Elbow Macaroni Garden Mixed Vegetables
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Lentil Ragout Brown Rice Carrots	Roasted Chicken Breast Mushroom Dijon Sauce Macaroni & Cheese Peas & Carrots	Smoky Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables	Blackened Salmon Southwest Brown Rice Sofrito Corn	Beef & Turkey Bolognese Twisted Elbow 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	Lentil Walnut Patty Mushroom Dijon Sauce Macaroni & Cheese Green Beans	Roasted Five-Spice Tofu Asian Veg Sichuan Stirfry Brown Rice	Black Bean Chili Patty Sofrito Brown Rice Brussel Sprouts	Tempeh Burrito Casserole Broccoli	Mid-East Spiced Tofu Split Pea Stew Brown Rice Cauliflower	Caribbean Root Veg Stew Brown Rice,Farro & Quinoa Garden Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tempeh Lasagna Capri Mixed Vegetables	Tempeh Tuna Cake Creamy Dill Sauce White Rice Green Beans	Roasted Chicken Breast Basil Herb Sauce Herbed Orzo Pilaf Carrots & Green Beans	Baked Salmon Tofu Cream & Mushrooms Macaroni Capri Mixed Vegetables	Turkey Patty Parsnip & Carrot Sauce Macaroni Carrots & Green Beans	Pork & Squash Stew Garden Orzo Pilaf Capri Mixed Vegetables	Chicken Stew & Eggplant Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef & Lentil Ragout Quinoa Broccoli	Roasted Chicken Breast Mushroom Dijon Sauce Macaroni & Cheese Capri Mixed Vegetables	Smoky Chicken & Lentil Stew Brown Rice Zucchini	Blackened Salmon Sofrito Fall Wild Rice Pilaf	Turkey Patty Parsnip & Carrot Sauce Macaroni Green Beans	Pork Rosemary Stew Mushroom Orzo Pilaf Carrots	Roasted Pork Loin Southern Red Beans Brown Rice
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Southern Red Beans Tempeh & Mushroom Hash Brown Rice Broccoli	Cod Cakes Mushroom Dijon Sauce Macaroni & Cheese Carrots	Roasted Five-Spice Tofu Ginger Garlic Sauce Asian Veg Sichuan Stirfry Brown Rice	Tempeh Tuna Cake Sofrito Macaroni	Beef & Turkey Bolognese Macaroni Green Beans	Mid-East Spiced Tofu Split Pea Stew White Rice	Caribbean Root Veg Stew Brown Rice Cauliflower

26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	
Beef Chili Brown Rice Broccoli	Five Spice Chicken Thigh Asian Veg Sichuan Stirfry Brown Rice,Farro & Quinoa	Pork & Red Bean Stew Quinoa, Edamane & Greens Root Vegetables	Baked Salmon Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots	Smoky Turkey Chile Quinoa, Edamane & Greens Corn	Orange Chicken Edamame Stirfry Quinoa Corn	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
Tofu, Bean & Veg Gumbo Quinoa, Edamane & Greens Roasted Sweet Potatoes	Baked Pepper w/ Tofu Puttanesca Sauce Whole Wheat Rotini Capri Mixed Veg	Portabello Tofu Ricotta Red Pepper Chickpeas Quinoa, Edamane & Greens	Cauli-Cashew "Mac & Cheese" Asparagus	Tempeh Cauli Patty Green Herb Tahini Sauce Quinoa Asparagus & Chickpea	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables	
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	
Beef Mushroom Stroganoff Macaroni Green Beans	Herbed Chicken Breast Herbed Gravy White Rice Zucchini	Baked Salmon Tofu Vegetable Fricassee White Rice	Turkey Patty Lite Alfredo Sauce Macaroni Capri Mixed Vegetables	Turkey Lasagna Basil Pesto Sauce Butternut Squash	Yogurt Herb Chicken Breast Butternut Squash Ricotta Sauce Macaroni Carrots & Green Beans	
ESR	ESR	ESR	ESR	ESR	ESR	
Beef Chili White Rice Brussel Sprouts	Roasted Chicken Breast Puttanesca Sauce Whole Wheat Rotini Peas & Carrots	Baked Salmon Tofu Vegetable Fricassee Brown Rice	Baked Salmon Lite Alfredo Sauce Macaroni Capri Mixed Vegetables	Smoky Turkey Chile Macaroni Asparagus	Orange Chicken Edamame Stirfry Brown Rice Broccoli	
CK3	CK3	CK3	CK3	CK3	CK3	
Beef & Mushroom Stroganoff Macaroni Brussel Sprouts	Turkey Patty Puttanesca Sauce Macaroni Peas & Carrots	Pork & Red Bean Stew Brown Rice Garden Mixed Vegetables	Salmon Fish Cake Lite Alfredo Sauce Macaroni Asparagus	Smoky Turkey Chile Macaroni Garden Mixed Vegetables	Orange Chicken Edamame Stirfry White Rice Broccoli & Cauliflower	

PROJECT OPEN HAND

Nutrition Education: Meals for Autumn Harvest!

By Alyssa Clark, SFSU Dietetic Intern at Project Open Hand

It’s that time of year again! Pumpkins, squash, and apples galore! There are many meals to make with seasonal produce during this time of year. Cooking seasonal fruits and vegetables is great because they are usually more affordable.

Pumpkins are an essential vegetable in the Fall season and provide vitamin A, potassium, and 3 grams of fiber for each ½ cup serving in cooked sugar pumpkins.

- Pumpkin puree is perfect to add to various pastas like mac and cheese, hummus, smoothies, oatmeal, and pancake batter.
- Pumpkin seeds can be roasted and made sweet or savory with different seasonings such as garlic powder or cinnamon and sugar. Pumpkin seeds contain essential nutrients like zinc.

Apples are a sweet and crispy fruit that can be included in various recipes.

- They are filled with fiber that keeps things moving in our gut.
- Apples also have vitamin C, which is great for immunity.
- Baking apples at 350 F for 30 minutes can soften them and make them easier to eat!

Brussels Sprouts are small, but mighty!

- 1 cup contains 4 grams of fiber, vitamin A, C, K, and folate.
- They can be roasted slightly and paired with potatoes or butternut squash.
- They can also be shredded fresh and eaten on top of rice or pasta.

There are recipes for meals containing pumpkins, apples, squash, and other Fall produce at www.openhand.org/blog/recipe.

