


November 2023 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1-Nov WELLNESS Beef & Barley Stew Peas & Carrots	2-Nov WELLNESS Turkey Meatball Zesty Tomato Sauce Cheddar Grits Carrots	3-Nov WELLNESS Cod Filet Green Curry Sauce Brown Rice Root Vegetables	4-Nov WELLNESS Macanese Chicken Herbed Bulgur Green Beans & Peppers	5-Nov WELLNESS Mustard Glazed Thigh Multi Grain Orzo Artichoke Ragout
		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	VEGETARIAN Curried Tofu Pumpkin Puree Multi Grain Orzo Garden Mixed Veg
		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	BLAND Pork Tofu Veg Stew White Egg Noodle Capri Mixed Veg
		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	ESR Mustard Glazed Thigh Pumpkin Puree Garlic Confit White Egg Noodle
		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	CK3 Curried Tofu Pumpkin Puree White Egg Noodle Garden Mixed Veg
		6-Nov WELLNESS Balsamic Chicken Breast Couscous & Quinoa Creole Vegetables	7-Nov WELLNESS Beef Stew Brown Rice	8-Nov WELLNESS Spiced Chicken Thigh Salsa Verde Ancient Grains & Kale Succotash	9-Nov WELLNESS BBQ Pork Stew Quinoa & Edamame Broccoli	10-Nov WELLNESS Turkey Meatloaf Sage Gravy Parsnips & Potato Garden Mixed Veg
VEGETARIAN Tempeh Cauli Patty Green Herb Sauce Couscous & Quinoa Creole Vegetables	VEGETARIAN White Bean Spinach Casserole Pumpkin Seed Sauce Peas & Carrots	VEGETARIAN Southwest Tofu Salsa Verde Brown Rice Succotash	VEGETARIAN Lentil Casserole Quinoa & Edamame Broccoli	VEGETARIAN Zucchini & Pepper Frittata Basil Pesto Sauce Whole Wheat Rotini Garden Mixed Veg	VEGETARIAN Tofu Burger Artichoke Ragout Brown Rice	VEGETARIAN Balsamic Portobello Lentil Tempeh Sloppy Joe Multi Grain Orzo Brussel Sprouts
BLAND Chicken Breast Carrot Ricotta Sauce Orzo Mushroom Pilaf Garden Mixed Veg	BLAND Beef Stroganoff White Egg Noodle Green Beans	BLAND Tuna & Veg Frittata Béchamel Sauce Orzo Garden Mixed Veg	BLAND Pork Stew White Rice w/Herbs Carrots	BLAND Turkey Patty Alfredo Sauce Mashed Sweet Potatoes Yellow Zucchini	BLAND Baked Salmon Tofu Veg Fricassee White Egg Noodle Green Beans	BLAND Chicken Eggplant Stew Orzo Green Beans
ESR Balsamic Chicken Breast Creole Vegetables Garlic Confit Orzo	ESR Beef Stew White Egg Noodle Vegetable Marinade Peas & Carrots	ESR Spiced Chicken Thigh Salsa Verde Brown Rice Garlic Confit Succotash	ESR Pork Stew White Rice w/Herbs Vegetable Marinade Broccoli	ESR Turkey Meatloaf Sage Gravy Whole Wheat Rotini Garden Mixed Veg	ESR Baked Salmon Tofu Veg Fricassee Garlic Confit White Egg Noodle	ESR Smokey Chicken Stew Orzo Zesty Herb Puree Green Beans
CK3 Tempeh Cauli Patty Garlic Confit Orzo	CK4 Beef Stew White Egg Noodle Roasted Potatoes Marinated Peas & Carrots	CK5 Southwest Tofu Salsa Verde Brown Rice Succotash	CK6 BBQ Pork Stew Quinoa & Edamame Vegetable Marinade Broccoli	CK7 Turkey Meatloaf Sage Gravy Sweet Potatoes & Parsnips Marinated Garden Mixed Veg	CK8 Salmon Fish Cake Artichoke Ragout White Egg Noodle Garlic Confit Green Beans	CK9 Chicken Eggplant Stew Orzo Zesty Herb Puree Green Beans

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Thigh House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots	Beef Stroganoff Ancient Grains& Kale Broccoli & Carrots	Baked Salmon Mushroom Herb Sauce Brown Rice Broccoli	Turkey Chili Brown Rice Roasted Sweet Potato	Mustard Glazed Thigh Brown Rice Veggie Ragout	Pork Artichoke Stew Brown Rice Butternut Squash	Garlic Herb Chicken Creamy Tomatillo Whole Wheat Rotini Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Black Bean Chili Patty House Enchilada Sauce Couscous & Red Quinoa Cauliflower & Carrots	Tofu Mushroom Stroganoff Whole Wheat Rotini Carrots	Tempeh Lentil Hash Brown Rice Broccoli	Veggie Ranchero Stew 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	W.W. 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 Macaroni Herb Sauce Carrots & Green Beans	Baked Salmon Cream Of Celery Sauce Orzo Mushroom Pilaf Green Beans	Turkey Shepherd Pie Alfredo Sauce White Macaroni Capri Mixed Veg	Yogurt Herb Chicken Potato Cream Sauce Orzo Carrots & Green Beans	Turkey Stuffed Mushroom Herb Sauce White Macaroni Butternut Squash	Pork & Root Veg Stew White Rice w/Herbs Carrots
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Chicken Breast House Enchilada Sauce Orzo & Herb Pilaf Cauliflower & Carrots	Beef Stroganoff White Macaroni Broccoli & Carrots	Baked Salmon Mushroom &Herb Sauce Brown Rice Broccoli	Turkey Chili Brown Rice Veggie Ranchero Stew	Mustard Glazed Thigh Veggie Ragout Orzo White Bean & Peppers Sauté	Pork Artichoke Stew White Macaroni Butternut Squash	Garlic Herb Chicken Creamy Tomatillo White Rice w/Herbs Carrots
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Black Bean Chili Patty House Enchilada Sauce Orzo	Tofu Mushroom Stroganoff White Macaroni Carrots	Tempeh Lentil Hash Brown Rice Garden Mixed Veg	Turkey Chili Brown Rice Roasted Sweet Potato	White Bean & Peppers Sauté Orzo Carrots & Green Beans	Turkey Patty Artichoke Provencal White Macaroni Butternut Squash	Pork & Root Veg Stew White Rice w/Herbs Carrots
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
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 Mixed Veg	Chicken Chowder White Rice w/Herbs Yellow Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Meatloaf Florentine Creamy Tomato Sauce Whole Wheat 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 & Vegetables	Beef Bolognese Polenta w/Butternut Garlic Confit Peas	Rosemary Chicken Thigh Mushroom Alfredo Sauce Whole Wheat Rotini Brussel 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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27-Nov	28-Nov	29-Nov	30-Nov			
WELLNESS Chicken Chili Brown Rice Cauliflower	WELLNESS Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Cauliflower & Carrots	WELLNESS Pork & Chickpea Stew Brown Rice Garden Mixed Veg	WELLNESS Garlic-Herb Chicken Eggplant Mushroom Sauce Whole Wheat Rotini Garden Mixed Veg			
VEGETARIAN Southwest Tofu Creamy Tomatillo Brown Rice Three Bean Hominy Hash	VEGETARIAN Eggplant Parmesan Marinara Sauce Whole Wheat Rotini Peas & Carrots	VEGETARIAN Savory Tempeh Vegetable Jambalaya Brown Rice	VEGETARIAN Black Bean Chili Patty Eggplant Mushroom Sauce Multi Grain Orzo			
BLAND Chicken Breast Eggplant Zucchini Sauté White Rice w/Herbs	BLAND Turkey Mushroom Ragu Herb Sauce White Egg Noodle Carrots	BLAND Beef Tempeh Lasagna Basil Pesto Sauce Yellow Zucchini	BLAND Pork Stew w/Raisins White Rice Pilaf Capri Mixed Veg			
ESR Chicken Chili Brown Rice Garlic Confit Cauliflower	ESR Beef & Turkey Meatloaf Marinara Sauce Whole Wheat Rotini Peas	ESR Pork & Chickpea Stew Creamy Tomatillo White Rice Garden Mixed Veg	ESR Blackened Chicken Breast Eggplant Mushroom Sauce Orzo			
CK3 Southwest Tofu Creamy Tomatillo White Rice w/Herbs Three Bean Hominy Hash	CK3 Turkey Mushroom Ragu Herb Sauce White Egg Noodle Carrots	CK3 Pork & Chickpea Stew Creamy Tomatillo Brown Rice Garden Mixed Veg	CK3 Black Bean Chili Patty Eggplant Mushroom Sauce Garlic Confit White Rice Pilaf			

PROJECT OPEN HAND

Breakfast Menu

Cecilia Cruz, Registered Dietitian at Project Open Hand

November 2023

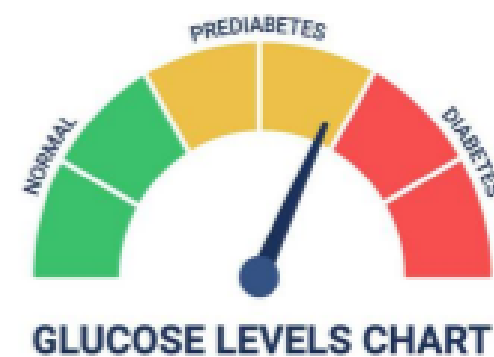
Let's talk about prediabetes.

November is Diabetes Awareness Month, and with 8.5 million people underdiagnosed, it's important to discuss ways in which we can prevent or delay type 2 diabetes. According to the CDC, 1 in 3 American adults has prediabetes, and around 80% of them don't know they have it.

Do you know what prediabetes is?

It's when your blood sugar levels are higher than normal but not yet high enough to be called diabetes. It's like a warning sign that your body is saying, "Hey, we need to make some changes!"

In prediabetes, the body struggles to process sugar the right way, and this can cause sugar to build up in the bloodstream. If nothing changes, many people with prediabetes could end up with type 2 diabetes.



Who is at risk?

Anyone can have prediabetes, but some people are at a higher risk. If you're overweight, not very active, or over 45 years old, you might want to pay extra attention. Also, if someone in your family has diabetes, it could increase your chances.

Simple Steps for Prevention

The good news is you can do something about it! Here are a few simple steps to help prevent prediabetes from turning into diabetes:

Eat Healthy: Aim for 1.5 - 2 cups of vibrant fruits and 2 - 3 cups of different veggies every day! Choose whole grains often and cut down on sweet snacks and drinks by selecting items with less than 5% added sugar on the label.

Move More: Take a walk, dance, or do anything that gets your body moving. If you have limited mobility, try seated exercises such as seated marching or leg lifts, chair squats, arm circles, or gentle stretching!

Watch Your Weight: Losing even a small amount of extra weight can have a significant impact. **Regular Check-ups:** Visit your doctor regularly. They can catch prediabetes early and help you make healthy choices.

Keep in mind, even little changes can make a big difference in preventing diabetes. Your small efforts today are like building blocks for a healthier tomorrow!