November 2026 Wellness Menu

Project Open Hand
meals with love

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Nov						**1-Nov**
WELLNESS **Beef Chili** Brown Rice Broccoli **VEGETARIAN** **Tofu, Bean & Veg Gumbo** Quinoa, Edamane & Greens Roasted Sweet Potatoes **BLAND** **Beef Mushroom Stroganoff** Macaroni Green Beans **ESR** **Beef Chili** White Rice Brussel Sprouts **CK3** **Beef & Mushroom Stroganoff** Macaroni Brussel Sprouts						**WELLNESS** **Chicken w/ Lemon & Capers** Twisted Elbow Macaroni Garden Mixed Vegetables **VEGETARIAN** **Split Pea-Cauli Patty** Creamy Basil Sauce Quinoa, Edamane & Greens Capri Mixed Veg **BLAND** **Roasted Chicken Breast** Parsnip & Carrot Sauce White Rice Zucchini **ESR** **Roasted Chicken Breast** Parsnip & Carrot Sauce Twisted Elbow Macaroni Garden Mixed Vegetables **CK3** **Split Pea-Cauli Patty** Creamy Basil Sauce Quinoa, Edamane & Greens Capri Mixed Veg
2-Nov	**3-Nov**	**4-Nov**	**5-Nov**	**6-Nov**	**7-Nov**	**8-Nov**
WELLNESS **Beef Stroganoff** Brown Rice Broccoli **VEGETARIAN** **Tofu Stroganoff** Whole Wheat Rotini Broccoli **BLAND** **Beef-Stuffed Portabello** Tofu Herb Cream Macaroni Capri Mixed Vegetables **ESR** **Beef Stroganoff** Macaroni Peas **CK3** **Tofu Stroganoff** Macaroni Broccoli	**WELLNESS** **Chicken Thigh** Turkey Gravy Brown Rice,Farro & Quinoa Brussel Sprouts **VEGETARIAN** **White Bean & Spinach Casserole** Pumpkin Seed Sauce Garden Mixed Vegetables **BLAND** **Roasted Chicken Breast** Carrot Herb Puree Herbed Orzo Pilaf Green Beans **ESR** **Roasted Chicken Breast** Carrot Herb Puree Herbed Orzo Pilaf Green Beans **CK3** **Turkey Patty** Pumpkin Seed Sauce White Rice Roasted Sweet Potatoes	**WELLNESS** **Chicken Thigh** w/ Italian Seasoning Mushroom & Herb Sauce Fall Wild Rice Pilaf **VEGETARIAN** **Mid-East Spiced Tofu** Red Bean & Veg Masala Quinoa Broccoli **BLAND** **Tuna Tempeh Cake** Cream of Celery Macaroni Roasted Sweet Potatoes **ESR** **Chicken Drumstick** Mushroom & Herb Sauce Fall Wild Rice Pilaf **CK3** **Roasted Baharat Tofu** Red Bean & Veg Masala White Rice Zucchini	**WELLNESS** **Baked Salmon** Sweet & Sour Vegetables Quinoa, Edamane & Greens Broccoli **VEGETARIAN** **Orange Tofu & Edamame** Brown Rice Brussel Sprouts **BLAND** **Baked Salmon** Creamy Dill Sauce Macaroni Capri Mixed Vegetables **ESR** **Baked Salmon** Creamy Dill Sauce Macaroni Capri Mixed Vegetables **CK3** **Salmon Fish Cake** Creamy Dill Sauce Brown Rice Garden Mixed Vegetables	**WELLNESS** **Turkey Tetrazzini** Twisted Elbow Macaroni Butternut Squash **VEGETARIAN** **Blackeyed Peas Tempeh & Peanut Stew** Brown Rice Broccoli **BLAND** **Turkey & Veg Frittata** Herbed Orzo Pilaf Carrots & Green Beans **ESR** **Turkey Tetrazzini** Macaroni Broccoli **CK3** **Turkey Tetrazzini** Herbed Orzo Pilaf Butternut Squash	**WELLNESS** **Chicken Fajita Stew** Brown Rice Carrots **VEGETARIAN** **White Bean & Vegetable Stew** Chermoula Sauce Quinoa, Edamane & Greens Peas **BLAND** **Pork Tofu Veg Stew** Herbed Orzo Pilaf Butternut Squash **ESR** **Chicken Fajita Stew** Brown Rice Carrots **CK3** **White Bean & Vegetable Stew** Chermoula Sauce Quinoa, Edamane & Greens Garden Mixed Vegetables	**WELLNESS** **Chicken Gumbo** Brown Rice Broccoli **VEGETARIAN** **Curried Tofu** Singapore Cashew Curry Brown Rice Cauliflower **BLAND** **Chicken Stew** White Rice Green Beans **ESR** **Cod Cakes** Curried Tofu Singapore Cashew Curry White Rice **CK3** **Cod Cakes** Singapore Cashew Curry Brown Rice Cauliflower

9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
WELLNESS	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**
Beef Stew	Mustard Glazed Chicken Thigh	Chicken, Broccoli & Cheddar	Cod Filet	Roasted Pork Loin	Chicken Pomodoro Stew	Paprika Chicken Thigh
Quinoa	Cacciatore Sauce	Brown Rice	Sun Dried Tomato Cream Sauce	Southwest Brown Rice	Whole Wheat Rotini	Salsa Verde
Root Vegetables	Twisted Elbow Macaroni	Peas	Polenta	Harvest Chili	Brussel Sprouts	Brown Rice,Farro & Quinoa
	Root Vegetables		Roasted Sweet Potatoes			Broccoli
VEGETARIAN	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**
Honey Sesame Tofu	**Vegetable Medley Lasagna**	**Roasted Baharat Tofu**	**Lentil Walnut Patty**	**Tempeh Taco Hash**	**Tofu Sweet Potato Creole Hash**	**Balsamic Portabello Mushroom**
Brown Rice	Marinara Sauce	Green Herb Tahini Sauce	Sun Dried Tomato Cream Sauce	Harvest Chili	Tomatillo Cream Sauce	Lentil-Tempeh Sloppy Joe
Carrots & Green Beans	Broccoli	Fall Wild Rice Pilaf	Polenta	Quinoa	Brown Rice	Whole Wheat Rotini
		Veg & Kidney Bean Saute	Capri Mixed Vegetables	Capri Mixed Vegetables	Cauliflower	Capri Mixed Vegetables
BLAND	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**
Beef & Herb Ragout	**Tuna & Vegetable Frittata**	**Turkey Stuffed Mushroom**	**Baked Salmon**	**Turkey & Eggplant Torta**	**Pork Stew w/ Raisins**	**Roasted Chicken Breast**
Orzo	Herb Sauce	Bechamel Sauce	Basil Pesto Sauce	White Rice	White Rice	Lite Alfredo Sauce
Capri Mixed Vegetables	Macaroni	Herbed Orzo Pilaf	Macaroni	Zucchini	Capri Mixed Vegetables	Macaroni
	Green Beans	Capri Mixed Vegetables	Carrots & Green Beans			Butternut Squash
ESR	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**
Beef & Herb Ragout	**Mustard Glazed Chicken Thigh**	**Chicken, Broccoli & Cheddar**	**Baked Salmon**	**Paprika Chicken Thigh**	**Chicken Pomodoro**	**Roasted Chicken Breast**
Orzo	Cacciatore Sauce	Whole Wheat Rotini	Basil Pesto Sauce	Harvest Chili	Whole Wheat Rotini	Zesty Herb Puree
Broccoli	Macaroni		Twisted Elbow Macaroni	White Rice	Cauliflower	Macaroni
	Root Vegetables		Peas and Carrots			Brussel Sprouts
CK3	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**
Beef & Herb Ragout	**Vegetable Medley Lasagna**	**Chicken, Broccoli & Cheddar**	**Salmon Fish Cake**	**Tempeh Taco Hash**	**Tofu Sweet Potato Creole Hash**	**Lentil-Tempeh Sloppy Joe**
Orzo	Green Beans	Macaroni	Basil Pesto Sauce	Harvest Chili	Tomatillo Cream Sauce	Macaroni
Capri Mixed Vegetables		Brussel Sprouts & Carrots	Polenta	Quinoa	White Rice	Brussel Sprouts
			Capri Mixed Vegetables	Capri Mixed Vegetables		

16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
WELLNESS	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**
Beef Stew	**Hoisin Chicken Thigh**	**Pineapple-Soy Chicken**	**Garlic Herb Salmon**	**Turkey Picadillo**	**Chicken Tinga**	**Zesty Pork Stew**
Brown Rice	Onion Gravy	Brown Rice	Whole Wheat Rotini	Quinoa, Edamane & Greens	Quinoa	Quinoa, Edamane & Greens
Brussel Sprouts	Kimchi-Brown Rice	Carrots	Artichoke Spinach & Tomato Ragout	Peas & Carrots	Root Vegetables	Root Vegetables
	Broccoli					
VEGETARIAN	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**
Balsamic Portabello	**Sesame Tempeh Sticks**	**Green Stuffed Pepper Tofu Ricotta**	**Tofu Burger**	**Zucchini & Peppers Frittata**	**Southwest Tempeh**	**Garden Pea Ragout**
White Bean & Spinach Ragout	Onion Gravy	Enchilada Sauce	Artichoke Spinach & Tomato Ragout	Lemon Tahini Sauce	Jambalaya Stew	Twisted Elbow Macaroni
Whole Wheat Rotini	Kimchi-Brown Rice	Brown Rice	Twisted Elbow Macaroni	Quinoa	Brown Rice	Garden Mixed Vegetables
Asparagus	Edamame, Onions & Peppers	Broccoli		Peas & Carrots		
BLAND	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**
Turkey-Tempeh Shepherd Pie	**Beef Tofu Hash**	**Continental Pork Stew**	**Baked Salmon**	**Turkey Mushroom Ragu**	**Turkey Potato Hash**	**Chicken Veg Chowder**
Peas & Carrots	White Rice	White Rice	Tofu Cream & Mushrooms	Orzo	White Rice	Mashed Potatoes
	Green Beans	Carrots	Orzo	Capri Mixed Vegetables	Butternut Squash	Green Beans
			Capri Mixed Vegetables			
ESR	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**
Beef Stew	**Hoisin Chicken Thigh**	**Pineapple-Soy Chicken**	**Garlic Herb Salmon**	**Turkey Mushroom Ragu**	**Chicken Tinga**	**Chicken & Sweet Potato Chowder**
Brown Rice	Onion Gravy	White Rice	Tofu Cream & Mushrooms	Macaroni	Brown Rice	Brown Rice
Brussel Sprouts	Kimchi-Brown Rice	Brussels & Carrots	Orzo	Capri Mixed Vegetables	Garden Mixed Vegetables	Green Beans
	Broccoli		Capri Mixed Vegetables			
CK3	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**
Beef Stew	**Beef Tofu Hash**	**Pineapple-Soy Chicken**	**Salmon Fish Cake**	**Turkey Mushroom Ragu**	**Chicken Tinga**	**Garden Pea Ragout**
Brown Rice	White Rice	Brown Rice	Artichoke Spinach & Tomato Ragout	Orzo	White Rice	Twisted Elbow Macaroni
Green Beans	Broccoli	Peas and Carrots	Whole Wheat Rotini	Carrots	Brussel Sprouts	Garden Mixed Vegetables

23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
WELLNESS	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**	**WELLNESS**
Beef & Lentil Ragout	**Roasted Chicken Breast**	**Smoky Chicken & Lentil Stew**	**Blackened Salmon**	**Beef & Turkey Bolognese**	**Chicken Chili Verde**	**Roasted Pork Loin**
Brown Rice	Mushroom Dijon Sauce	Whole Wheat Rotini	Southwest Brown Rice	Twisted Elbow Macaroni	Brown Rice,Farro & Quinoa	Southern Red Beans
Carrots	Macaroni & Cheese	Garden Mixed Vegetables	Sofrito	Broccoli	Carrots	Creole Sauce
	Peas & Carrots		Corn			Brown Rice
VEGETARIAN	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**	**VEGETARIAN**
Southern Red Beans	**Lentil Walnut Patty**	**Roasted Five-Spice Tofu**	**Black Bean Chili Patty**	**Tempeh Burrito Casserole**	**Mid-East Spiced Tofu**	**Caribbean Root Veg Stew**
Tempeh & Mushroom Hash	Mushroom Dijon Sauce	Asian Veg Sichuan Stirfry	Sofrito	Broccoli	Split Pea Stew	Brown Rice,Farro & Quinoa
Brown Rice	Macaroni & Cheese	Brown Rice	Brown Rice		Brown Rice	Garden Mixed Vegetables
Broccoli	Green Beans		Brussel Sprouts		Cauliflower	
BLAND	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**	**BLAND**
Beef Tempeh Lasagna	**Tempeh Tuna Cake**	**Roasted Chicken Breast**	**Baked Salmon**	**Turkey Patty**	**Pork & Squash Stew**	**Chicken Stew & Eggplant**
Capri Mixed Vegetables	Creamy Dill Sauce	Basil Herb Sauce	Tofu Cream & Mushrooms	Parsnip & Carrot Sauce	Garden Orzo Pilaf	Orzo
	White Rice	Herbed Orzo Pilaf	Macaroni	Macaroni	Capri Mixed Vegetables	Green Beans
	Green Beans	Carrots & Green Beans	Capri Mixed Vegetables	Carrots & Green Beans		
ESR	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**	**ESR**
Beef & Lentil Ragout	**Roasted Chicken Breast**	**Smoky Chicken & Lentil Stew**	**Blackened Salmon**	**Turkey Patty**	**Pork Rosemary Stew**	**Roasted Pork Loin**
Quinoa	Mushroom Dijon Sauce	Brown Rice	Sofrito	Parsnip & Carrot Sauce	Mushroom Orzo Pilaf	Southern Red Beans
Broccoli	Macaroni & Cheese	Zucchini	Fall Wild Rice Pilaf	Macaroni	Carrots	Brown Rice
	Capri Mixed Vegetables			Green Beans		
CK3	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**	**CK3**
Southern Red Beans	**Cod Cakes**	**Roasted Five-Spice Tofu**	**Tempeh Tuna Cake**	**Beef & Turkey Bolognese**	**Mid-East Spiced Tofu**	**Caribbean Root Veg Stew**
Tempeh & Mushroom Hash	Mushroom Dijon Sauce	Ginger Garlic Sauce	Sofrito	Macaroni	Split Pea Stew	Brown Rice
Brown Rice	Macaroni & Cheese	Asian Veg Sichuan Stirfry	Macaroni	Green Beans	White Rice	Cauliflower
Broccoli	Carrots	Brown Rice				

PROJECT OPEN HAND

Nutrition Education: **To Cook or Not To Cook!**

By Anna DiStefano, Registered Dietitian at Project Open Hand

We know veggies are important! But does that mean every meal needs a side salad? The short answer is that the best form of any veggie is the one that you eat the most! However, here are some tips to get as many nutrients as possible from your food.

Why try raw? Most veggies lose vitamin C, B vitamins, and fiber when cooked, so it is helpful to include some raw veggies in your diet. Raw veggies also often take longer to chew – that might be a positive thing if you are working on mindful eating!

Lettuce, spinach, and bell peppers are full of vitamin C and easy to digest raw.

Garlic has the most cancer-fighting allicin when crushed and eaten raw! Try letting it rest for 5 minutes and then add it to a finished dish.

Cruciferous veggies like broccoli, cauliflower, and radishes also have the most cancer-fighting compounds when eaten raw!

Red on Red onions provide the most anti-inflammatory compounds when eaten raw. If that isn't your speed, try cooking with the onion skins and remove them before eating.

What about the benefits of cooking? Cooking can make veggies easier to digest, especially if you are prone to bloating, and it can make veggies easier to chew. Cooking can also make some antioxidants easier to absorb.

Tomatoes have significantly more lycopene when cooked! Canned tomatoes are an excellent example. If cooking isn't an option, watermelon and grapefruit are also good sources of lycopene.

Other red, yellow, and orange plants also have more carotenoids when cooked and eaten with fat too! These include pumpkin, plantain, carrots, winter squash, sweet potato, summer squash, and sweet corn. As little as 3-5 grams of fat will maximize absorption – that's about 1 tablespoon of olive oil.

Adding mustard seeds or mustard powder to cooked cruciferous veggies like broccoli, Brussels sprouts, cabbage, kohlrabi, or daikon radish reactivates their cancer-fighting compounds! As little as a quarter teaspoon makes a difference in absorption.







