

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

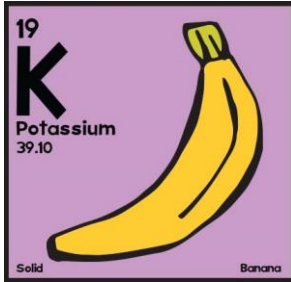
SUNDAY

JANUARY 2020 WELLNESS MENU



Project Open Hand
meals with love

Fill half your plate with veggies and include several servings of fruit daily to meet your potassium needs!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6-Jan		7-Jan		8-Jan		9-Jan		10-Jan		11-Jan		12-Jan	
REGULAR	Roasted ChickenThigh	REGULAR	Garlic Beef	REGULAR	Chicken Lentil Stew	REGULAR	Tilapia	REGULAR	Turkey Meatloaf	REGULAR	Roasted ChickenThigh	REGULAR	Irish Pork Stew
	Cajun Brown Rice		WW Egg Noodle		Bulgur Pilaf		Puttanesca Sauce		Zesty Tomato Sauce		Quinoa Pilaf		Brown Rice Pilaf
	Creole Vegetables		Capri Mix Veg		Green Beans		Brown Rice Pilaf / Carrots		WW Penne / Garden Mixed Veg		Cauliflower Tagine		Br.Sprouts & Carrots
DIABETES	Chicken Thigh	DIABETES	Garlic Beef	DIABETES	Chicken Lentil Stew	DIABETES	Baked Tilapia Filet	DIABETES	Turkey Meatloaf	DIABETES	Chicken Thigh	DIABETES	Irish Pork Stew
	Cajun Brown Rice		WW Egg Noodle		Bulgur Pilaf		Puttanesca Sauce		Zesty Tomato Sauce		Cauli-Lentil Tagine		Brown Rice & Beans
	Creole Vegetables		Capri Mix Veg		Green Beans		Brown Rice Pilaf / Broccoli		WW Penne / Cauliflower				Carrots
RENAL	Chicken Breast	RENAL	Garlic Beef	RENAL	Beef Fricassee w/Tofu	RENAL	Baked Tilapia	RENAL	Turkey Patty	RENAL	Chicken Breast	RENAL	Irish Pork Stew
	Bell Pepper Relish		Orzo		White Egg Noodle		Puttanesca Sauce		Pan Gravy		Celery Cauli Sauce		Orzo
	White Egg Noodle / Broccoli						White Macaroni / Kale Saute		Orzo / Green Beans		White Rice / Kale Saute		
BLAND	Chicken Breast / Sweet Potato Sauce	BLAND	Vegetable Frittata	BLAND	Beef Fricassee w/Tofu	BLAND	Baked Tilapia	BLAND	Turkey Patty	BLAND	Chicken Breast	BLAND	Pork & Mushroom Stew
	White Egg Noodles		Orzo		White Egg Noodles		Creamy Basil Sauce		Mushroom Gravy		Cream of Celery		Orzo
	Carrots & Green Beans		Green Beans		Carrots & Green Beans		White Macaroni / Carrots		Orzo / Green Beans		Mashed Potatoes / Zucchini		Peas & Carrots
VEGETARIAN	Blackeyed Peas&Kale	VEGETARIAN	Roasted Tempeh / Sweet Potato Grits	VEGETARIAN	Tofu Burger	VEGETARIAN	Eggplant Parmesan	VEGETARIAN	Roasted Tofu	VEGETARIAN	Vegetarian Moussaka	VEGETARIAN	Tempeh Burrito Cass
	Cajun Brown Rice		Bell Pepper Relish		Split Pea & Veg Stew		Puttanesca Sauce		Portabello & Peppers		Quinoa Pilaf		Br.Sprouts & Carrots
			Br.Sprouts & Carrots		Bulgur Pilaf		WW Egg Noodle / Broccoli		WW Penne / Cauliflower Raw		Cauliflower		
13-Jan		14-Jan		15-Jan		16-Jan		17-Jan		18-Jan		19-Jan	
REGULAR	Roasted ChickenThigh	REGULAR	Turkey Goulash	REGULAR	Tilapia	REGULAR	Beef Bourguignon	REGULAR	Roasted ChickenThigh	REGULAR	Roasted Pork Loin	REGULAR	Chicken Tinga
	Quinoa Pilaf		WW Macaroni		Brown Rice		WW Egg Noodle		Roasted Garlic Sauce		Bulgur Pilaf		Spanish Brown Rice
	Cabbage & Kale Saute		Brussel Sprouts		White Bean Ragout		Peas		Brown Rice / Garden Mixed Veg		Ratatouille		Carrots
DIABETES	Chicken Thigh	DIABETES	Turkey Goulash	DIABETES	Baked Tilapia Filet	DIABETES	Beef Bourguignon	DIABETES	Chicken Thigh	DIABETES	Roasted Pork Loin	DIABETES	Chicken Tinga
	Quinoa Pilaf		WW Macaroni		White Bean Ragout		WW Egg Noodles		Rosemary-Onion Sauce		Bulgur Pilaf		Spanish Brown Rice
	Cabbage & Kale		Brussel Sprouts		Capri Mixed Veg		Broccoli		Brown Rice / Garden Mixed Veg		Ratatouille		Carrots
RENAL	Chicken EggplantStew	RENAL	Turkey Goulash	RENAL	Tilapia / Creamy Basil Sauce	RENAL	Beef & Veg Stew	RENAL	Chicken Breast / Mushroom Alfredo	RENAL	Roasted Pork Loin / Pan Gravy	RENAL	Chicken Tinga
	Herb Polenta		White Rice		White Egg Noodle / Kale Saute		Orzo		White Egg Noodles / Broccoli		W.Egg Noodles / Garden Mixed Veg		White Rice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																					
13-Jan BLAND Chicken EggplantStew Herb Polenta Green Beans VEGETARIAN Tempeh & Polenta Casserole Cabbage & Kale Saute	14-Jan BLAND Turkey Stuffed 'Shrm Alfredo Sauce White Egg Noodles VEGETARIAN Hearty Vegetable WW Macaroni Brussel Sprouts	15-Jan BLAND Tilapia / Creamy Basil Sauce White Egg Noodles Peas & Carrots VEGETARIAN Roasted Tofu White Bean Raqout Brown Rice / Capri Mixed Veg	16-Jan BLAND Beef & Veg Stew Orzo VEGETARIAN Tomato Quiche Broccoli	17-Jan BLAND Chicken Breast Mushroom Alfredo Orzo / Green Beans VEGETARIAN Tempeh-Tofu Loaf Rosemary-Onion Bulgur Pilaf / Garden Mixed Veg	18-Jan BLAND Pork Loin / Mushroom Gravy White Egg Noodles Peas & Carrots VEGETARIAN Tofu Burger Ratatouille WW Egg Noodle	19-Jan BLAND Mushroom & Zucchini Peas & Carrots VEGETARIAN Veg Tofu Jambalaya Spanish Brown Rice Carrots																					
20-Jan REGULAR Spiced Chicken Thigh Salsa Verde / Quinoa Pilaf Garden Mixed Veg DIABETES Spiced Chicken Thigh Salsa Verde / Quinoa Pilaf Garden Mixed Veg RENAL Chicken Breast Salsa Verde / White Rice Garden Mixed Veg BLAND Chicken Breast Cream of Celery White Rice / Carrots VEGETARIAN Tofu & Bean Chile Verde Quinoa Pilaf Garden Mixed Veg	21-Jan REGULAR Tilapia / Mushroom-Dill Sauce WW Penne Eggplant & Peppers DIABETES Tilapia / Mushroom-Dill Sauce WW Penne Eggplant & Peppers RENAL Tilapia / Mushroom-Dill Sauce White Macaroni Carrots & Green Beans BLAND Baked Tilapia Carrot Sauce White Macaroni / Green Beans VEGETARIAN Ratatouille w/Tempeh WW Penne Kale Saute	22-Jan REGULAR Beef Fricasee Brown Rice Brussel Sprouts DIABETES Beef Fricasee Brown Rice Garden Mixed Veg RENAL Beef & Tofu Fricassee White Egg Noodles Green Beans BLAND Beef&Tofu Fricassee White Egg Noodles Green Beans VEGETARIAN Spinach Frittata Brown Rice Brussel Sprouts	23-Jan REGULAR Turkey Meatloaf / Marsala Sauce WW Penne Provencscale Veg DIABETES Turkey Meatloaf / Marsala Sauce WW Penne Provencscale Veg RENAL Turkey Meatloaf Pan Gravy Orzo / Broccoli BLAND Turkey Meatloaf Mushroom Gravy Orzo / Zucchini VEGETARIAN Stuffed Bell Pepper Salsa Verde Brown Rice / Provencscale Veg	24-Jan REGULAR BBQ Pork Stew Brown Rice Pilaf Capri Mix Veg DIABETES Pork Loin / Mustard Cream Sauce Brown Rice Pilaf Capri Mixed Veg RENAL Pork Stew w/Raisins White Rice BLAND Pork Stew White Rice Peas & Carrots VEGETARIAN Lentil Casserole Brown Rice Pilaf Capri Mix Veg	25-Jan REGULAR Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg DIABETES Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg RENAL Rosemary Chicken Thigh Spinach Sauce Herb Polenta / Garden Mixed Veg BLAND Chicken Breast / Sweet Potato Sauce Herb Polenta Carrots & Green Beans VEGETARIAN Tempeh Shepherd Pie Garden Mixed Veg	26-Jan REGULAR Chicken Cacciatore Spanish Brown Rice Green Beans DIABETES Chicken Cacciatore Spanish Brown Rice Green Beans RENAL Chicken Casserole Green Beans BLAND Chicken Casserole Carrots VEGETARIAN Enchilada Casserole Spanish Brown Rice Carrots																					
27-Jan REGULAR Tandoori Chicken Thigh Brown Rice Eggplant & Peppers DIABETES Tandoori Chicken Thigh Brown Rice Eggplant & Peppers RENAL Tandoori Chicken Breast White Rice Eggplant & Peppers BLAND Chicken Breast English Pea Sauce White Rice / Carrots VEGETARIAN Veg & Bean Curry Brown Rice Eggplant & Peppers	28-Jan REGULAR Beef Stroganoff WW Egg Noodle Peas & Carrots DIABETES Beef Stroganoff WW Egg Noodle Eggplant & Zucchini RENAL Beef Stew White Egg Noodles Garden Mixed Veg BLAND Beef Stew White Egg Noodles Peas & Carrots VEGETARIAN Tofu Mushrm Stroganoff WW Egg Noodles Peas & Carrots	29-Jan REGULAR Tilapia Wine Cream Sauce WW Penne DIABETES Tilapia Wine Cream Sauce WW Penne / Carrots RENAL Baked Tilapia Wine Cream Sauce White Egg Noodle / Kale Saute BLAND Baked Tilapia / Creamy Basil Sauce White Egg Noodles Eggplant Saute VEGETARIAN Tofu Burger Wine Cream Sauce WW Penne / Carrots	30-Jan REGULAR Roasted Chicken Thigh Chimichurri Sauce Quinoa Pilaf DIABETES Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg RENAL Chicken Breast Chimichurri Sauce White Rice / Carrots BLAND Chicken Breast Bechamel Sauce White Macaroni / Peas & Carrots VEGETARIAN Bean Spinach Casserole Garden Mixed Veg	31-Jan REGULAR Turkey Bolognese WW Penne Mediterranean Veg DIABETES Turkey Bolognese WW Penne Mediterranean Veg RENAL Turkey Bolognese White Macaroni Green Beans BLAND Turkey Eggplant Torta Pan Gravy White Rice VEGETARIAN Quinoa Tempeh Hash Chimichurri Sauce Carrots	Potassium- Good for your Heart What is potassium? It is a mineral and electrolyte that we need to get from our diet daily. Our body function relies on having the right balance of potassium concentration inside and outside of our cells for nerve signals, muscle contraction, and heart function. Potassium and sodium work together, getting enough potassium and limiting sodium is very important for maintaining blood pressure levels. How much do I need? The established adequate intake (AI) for adults is 4,700 mg per day. What foods have it? The richest sources of potassium are fruits and vegetables. Here are a few common sources: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="text-align: left;">Food</th> <th style="text-align: left;">Serving</th> <th style="text-align: left;">Potassium (mg)</th> </tr> </thead> <tbody> <tr> <td>Banana</td> <td>1 medium</td> <td>422</td> </tr> <tr> <td>Potato, baked with skin</td> <td>1 medium</td> <td>926</td> </tr> <tr> <td>Orange</td> <td>1 medium</td> <td>327</td> </tr> <tr> <td>Tomato</td> <td>1 medium</td> <td>237</td> </tr> <tr> <td>Raisins</td> <td>½ cup</td> <td>598</td> </tr> <tr> <td>Spinach, cooked</td> <td>½ cup</td> <td>420</td> </tr> </tbody> </table> In certain cases of medication use or some stages of kidney disease, potassium may need to be limited. Ask your healthcare provider if you need additional information about your own dietary potassium needs.		Food	Serving	Potassium (mg)	Banana	1 medium	422	Potato, baked with skin	1 medium	926	Orange	1 medium	327	Tomato	1 medium	237	Raisins	½ cup	598	Spinach, cooked	½ cup	420
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