




SEPTEMBER 2018 WELLNESS MENU

Contact Us
 Call 800-551-6325
 or 415-447-2326
 Email ClientServices@OpenHand.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Safety Awareness Month						
<p>FOOD DEMO in the Grocery Center!</p> <p>SATURDAY - SEPT 8 - 11 AM - PRODUCE WEDNESDAY - SEPT 12 - 11 AM - WHITE BEANS FRIDAY - SEPT 14 - 11 AM - PRODUCE WEDNESDAY - SEPT 19 - 11 AM - PINTO BEANS FRIDAY - SEPT 21 - 11 AM - PRODUCE WEDNESDAY - SEPT 26 - 11 AM - BLACK BEANS SATURDAY - SEPT 29 - 11 AM - PRODUCE</p>		<p><i>Join us!</i></p> <p>Diabetes Cooking Class Friday, 09.21.18 2 PM - 4 PM</p> 		<p>According to the CDC, 1 in 6 Americans get sick from eating contaminated food each year.</p> <p>Anyone can get food poisoning, but certain groups are more likely to get sick and have a more serious illness. Older adults have a higher risk because as people age, their immune systems have a harder time fighting off infection.</p> <p>How can you keep your food safe?</p> <p>Clean by washing your hands for at least 20 seconds with hot water and soap before preparing foods, and before eating. Keep your counter tops and dishes clean after each use.</p> <p>Separate raw meat and uncooked items from ready-to-eat foods, to reduce the risk of cross contamination of bacteria from something like raw chicken to cooked brown rice.</p> <p>Cook your food to a high enough temperature to kill bacteria that may be present. Use a thermometer to make sure your food has reached a safe internal temperature.</p> <p>Chill foods to keep bacteria from growing. Bacteria is able to grow quickly at room temperature, so keep fresh foods in the refrigerator to limit this risk.</p> <p>At Project Open Hand meal sites, we take every precaution to keep food safe from contamination. Use these guidelines to help protect your food</p>		
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
<p>Hearty Beef Stew</p> <p>Whole Wheat Macaroni</p> <p>Mixed Vegetables</p>	<p>Tandori Chicken Thighs</p> <p>Brown Rice</p> <p>Peas & Carrots</p>	<p>Baked Tilapia / Caponata Sauce</p> <p>Whole Wheat Penne</p> <p>Mixed Vegetables</p>	<p>Turkey Tetrazzini</p> <p>W.W.Pasta</p> <p>Mixed Vegetables</p>	<p>Chicken Thighs / Caramelized Onion Sauce</p> <p>Roasted Sweet Potato</p> <p>Green Beans</p>	<p>Pork Loin / Sweet & Sour Sauce</p> <p>Brown Rice</p> <p>Cauliflower</p>	<p>Turkey Meatloaf / Marinara Sauce</p> <p>Whole Wheat Penne</p> <p>Mixed Vegetables</p>
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
<p>Baked Tilapia / Creole Sauce</p> <p>Whole Wheat Penne</p> <p>Mixed Vegetables</p>	<p>Beef Ranchero Stew</p> <p>Brown Rice</p> <p>Green Beans</p>	<p>Chicken Thighs / Cacclatore Sauce</p> <p>Whole Wheat Macaroni</p> <p>Corn</p>	<p>Sallsbury Steak / Mushroom Herb Sauce</p> <p>Wild Rice Pilaf</p> <p>Carrots</p>	<p>Pork Loin / Chasseur Sauce</p> <p>Brown Rice</p> <p>Cauliflower/Broccoli</p>	<p>Turkey Bolognese</p> <p>Whole Wheat Penne</p> <p>Brussel Sprouts</p>	<p>Singapore Curry Chicken Stew</p> <p>Brown Rice</p> <p>Peas & Carrots</p>
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
<p>Vegetable Curry w/Tofu</p> <p>Brown Rice</p> <p>Broccoli</p>	<p>Beef Bourguignon</p> <p>Whole Wheat Macaroni</p> <p>Mixed Vegetables</p>	<p>Baked Tilapia / Puttanesca Sauce</p> <p>Bulgar Pilaf</p> <p>Green Beans</p>	<p>Turkey Fiesta Stew</p> <p>Whole Wheat Pasta</p> <p>Carrots</p>	<p>Chicken Thighs / Carrot Ginger Sauce</p> <p>Brown Rice</p> <p>Mixed Vegetables</p>	<p>Roasted Pork Loin</p> <p>Wild Rice Pilaf</p> <p>Brussel Sprouts</p>	<p>BBQ Chicken Thighs</p> <p>Brown Rice</p> <p>Carrots</p>
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
<p>Sallbury Steak / Mushroom Gravy</p> <p>Whole Wheat Pasta</p> <p>Cauliflower</p>	<p>Chicken Fajita Stew</p> <p>Brown Rice</p> <p>Carrots</p>	<p>Italian Pork Loin / Marinara Sauce</p> <p>Whole Wheat Pasta</p> <p>Mixed Vegetables</p>	<p>Hoisin Chicken Thighs</p> <p>Bulgar Pilaf</p> <p>Broccoli</p>	<p>Roasted Tilapia / Sweet & Sour Sauce</p> <p>Brown Rice</p> <p>Carrots</p>	<p>Rosemary Chicken Thighs</p> <p>Wild Rice Pilaf</p> <p>Mixed Vegetables</p>	<p>Beef Stroganoff</p> <p>Whole Wheat Macaroni</p> <p>Braised Cabbage</p>