


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>	<b>5-Jan</b>
		<b>Pork &amp; Chickpea Stew</b>	<b>Garlic Herb Salmon</b>	<b>Turkey Patty</b>	<b>Chicken Tinga</b>	<b>Yogurt Herb Chicken Breast</b>
<div style="border: 1px solid black; padding: 5px;"> <b>AWD HDM DELIVERY MENU: JANUARY 2025</b> </div>		Quinoa Brown Rice	Whole Wheat Rotini	Green Curry Sauce	Brown Rice	Barley & Vegetables
		Cauliflower	Artichoke Spinach Ragout	Quinoa Brown Rice	Garden Mixed Vegetables	Cacciatore Sauce
		Milk Half Pints	Milk Half Pints	Carrots	Milk Half Pints	Milk Half Pints
		Orange	Fruit Cup	Milk Half Pints	Applesauce Cup	Orange
				Orange		
<b>6-Jan</b>	<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>	<b>12-Jan</b>
<b>Beef &amp; Broccoli Sichuan</b>	<b>Cumin Spiced Chicken Thigh</b>	<b>Smoky Chicken &amp; Lentil Stew</b>	<b>Cod Filet</b>	<b>Beef &amp; Turkey Bolognese</b>	<b>Pork, White Bean &amp; Artichoke Stew</b>	<b>Garlic &amp; Ginger Chicken Breast</b>
Brown Rice	Quinoa Brown Rice	Brown Rice	Parsley Cilantro Sauce	Whole Wheat Macaroni	Brown Rice	Sweet & Sour Sauce
Carrots	Tikka Masala	Garden Mixed Vegetables	Whole Wheat Rotini	Broccoli	Carrots	Veggie Fried Brown Rice
Milk Half Pints	Carrots	Milk Half Pints	Lentil & Tomato Ragout	Milk Half Pints	Milk Half Pints	Milk Half Pints
Orange	Milk Half Pints	Orange	Milk Half Pints	Orange	Orange	Applesauce Cup
	Applesauce Cup		Fruit Cup			
<b>13-Jan</b>	<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>	<b>19-Jan</b>
<b>Beef Chili Colorado</b>	<b>Chicken Thigh</b>	<b>Pork &amp; White bean Chili</b>	<b>Baked Salmon</b>	<b>Turkey Meatloaf</b>	<b>Chicken Pomodoro Stew</b>	<b>Garlic &amp; Herb Chicken Breast</b>
Brown Rice	Salsa Verde	Quinoa, Edamame & Greens	Tuscan Spinach & Lemon Sauce	Eggplant Mushroom Sauce	Polenta w/Butternut Squash	Creamy Basil Sauce
Broccoli & Cauliflower	Brown Rice	Roasted Sweet Potatoes	Quinoa Brown Rice	Herbed Bulgur	Peas & Carrots	Barley w/ Mushrooms
Milk Half Pints	Roasted Sweet Potatoes	Milk Half Pints	Broccoli	Peas & Carrots	Milk Half Pints	Roasted Sweet Potatoes
Orange	Milk Half Pints	Orange	Milk Half Pints	Milk Half Pints	Applesauce Cup	Milk Half Pints
	Applesauce Cup		Fruit Cup	Orange		Orange
<b>20-Jan</b>	<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>	<b>26-Jan</b>
<b>Beef Stroganoff</b>	<b>Rosemary Chicken Thigh</b>	<b>Pork &amp; Black Bean Mole</b>	<b>Baked Salmon</b>	<b>Turkey Tetrazzini</b>	<b>Chicken Fajita Stew</b>	<b>Garlic &amp; Herb Chicken Breast</b>
Whole Wheat Rotini	Quinoa, Edamame & Greens	Quinoa	Orange Tofu & Edamame	Whole Wheat Rotini	Brown Rice	Paprikash Sauce
Broccoli	White Bean & Spinach Ragout	Broccoli	Brown Rice	Broccoli	Carrots	Quinoa Brown Rice
Milk Half Pints	Milk Half Pints	Milk Half Pints	Brussel Sprouts	Milk Half Pints	Milk Half Pints	Brussel Sprouts
Orange	Applesauce Cup	Orange	Milk Half Pints	Orange	Applesauce Cup	Milk Half Pints
			Fruit Cup			Orange
<b>27-Jan</b>	<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<p style="text-align: center;"><b>Please Note:</b> Our menu meets 1/3 DRI for all target nutrients except Vitamin D. The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.</p>	
<b>Beef &amp; Barley Stew</b>	<b>Mustard Glazed Chicken Thigh</b>	<b>Chicken, Broccoli &amp; Cheddar</b>	<b>Cod Filet</b>	<b>Chipotle Beef &amp; Turkey Meatloaf</b>		
Roasted Sweet Potatoes	Brown Rice	Whole Wheat Rotini	Macanese Curry	Red Mole Sauce		
Milk Half Pints	Veggie Ragout	Milk Half Pints	Quinoa Brown Rice	Quinoa Brown Rice		
Orange	Milk Half Pints	Orange	Milk Half Pints	Garden Mixed Vegetables		
	Applesauce Cup		Fruit Cup	Milk Half Pints		
				Orange		

## PROJECT OPEN HAND

### Lunch Menu

# January 2025

## Water: Essential to Life

Angela Y. Slagle, Nutrition Assistant at Project Open Hand

You lose water everyday through urine, bowel movement, sweat and breath. Water loss can increase from little fluid consumption, fever, vomiting, diarrhea, and certain medications.

You must continually replace your body's water supply. Your body tells you to drink by making your mouth dry and feel thirsty. Sometimes your signals get mixed up - you think you are hungry when you are actually thirsty. As you age, you may forget to drink water throughout the day, and you don't feel thirsty – your sense of thirst decreases. When water loss is greater than your intake, your body becomes dehydrated.

Dehydration can affect your whole body. It can make you feel headache, tired, weak, dizzy, irritable, confused, and cause digestive issues. It can also result in constipation, kidney stones, and urinary tract infections.

How much water should you drink every day? It's a simple question but not any easy answer. The generally accepted belief is eight - 8 oz glasses of water a day. This may be suitable for some but is not a one-size-fits-all recommendation. Recommendations for water intake in adults will depend on gender, age, and activity level. Per the Academy of Nutrition and Dietetics, a good goal is 13 cups for men and 9 cups for women. Food also contributes to your water intake. Eating a diet high in vegetables and fruit can account for 20% of your fluid requirements.

#### Tips to drink more water daily:

- Start your day by drinking a cup of water as soon as you wake up – before your coffee or tea.
- Bring a refillable water bottle wherever you go.
- Set goals for yourself – track your progress.
- Plain water can be a little boring. Add lemon, lime or other fruit to flavor water.
- Replace sugary drinks with water to avoid empty calories.

*Please note: Some medical conditions may require you to follow a fluid restriction. If you are not sure whether you should be following a restriction, please talk to your medical provider.*



**Project Open Hand**  
meals with love