

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

February 2025 Wellness Menu



Project Open Hand

40 years of meals with love

1-Feb	2-Feb
WELLNESS	WELLNESS
Pork, White Bean & Artichoke Stew Brown Rice Carrots	Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice
VEGETARIAN	VEGETARIAN
Southwest Tofu Cajun Tofu w/ Red Beans Brown Rice Carrots	Tempeh Veg & Bean Chili Quinoa Brown Rice Herbed Corn & Edamame
BLAND	BLAND
Pork Rosemary Stew Orzo Pilaf 'Shrm Capri Mixed Vegetables	Chicken Eggplant Stew Orzo Green Beans
ESR	ESR
Pork & Artichoke Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Sweet & Sour Sauce Quinoa Brown Rice Herbed Corn & Edamame
CK3	CK3
Cajun Tofu w/ Red Beans Quinoa, Edamame & Greens Succotash	Chicken Eggplant Stew Orzo Succotash

3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Chili Colorado Brown Rice Broccoli & Cauliflower	Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes	Pork & White bean Chili Quinoa, Edamame & Greens Roasted Sweet Potatoes	Baked Salmon Tuscan Spinach & Lemon Sauce Quinoa Brown Rice Broccoli	Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots	Chicken Pomodoro Stew Polenta w/ Butternut Squash Peas & Carrots	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Roasted Sweet Potatoes
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Rustic Lentil Tofu Bolognese Whole Wheat Rotini Garden Mixed Vegetables	Roasted Savory Tempeh White Bean & Vegetable Stew Brown Rice Peas and Carrots	Southwest Tempeh Quinoa, Edamame & Greens Creamy Root Veg Chickpea Hash	Tofu & Vegetable Egg Foo Young Ginger & Orange Sauce Whole Wheat Rotini Broccoli	Tempeh Cauli Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables	Split Pea & Cauliflower Patty Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef & Mushroom Stroganoff White Macaroni Green Beans	Roasted Chicken Breast Basil Pesto Sauce White Rice Roasted Sweet Potatoes	Pork Tempeh Squash Stew White Rice w/ Herbs Green Beans	Turkey Patty Lite Alfredo Sauce White Macaroni Capri Mixed Vegetables	Turkey Lasagna Basil Pesto Sauce Capri Mixed Vegetables	Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni	Roasted Chicken Breast Parsnip & Carrot Sauce White Rice w/ Herbs Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili Colorado Brown Rice Broccoli & Cauliflower	Roasted Chicken Breast Tomatillo Cream Sauce White Rice Peas & Carrots	Pork Tempeh & Squash Stew White Rice w/ Herbs Green Beans	Baked Salmon Lite Alfredo Sauce White Macaroni Capri Mixed Vegetables	Turkey Lasagna Herb Sauce Zucchini	Chicken Pomodoro Stew Polenta w/ Butternut Squash Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef & Mushroom Stroganoff White Macaroni Garden Mixed Vegetables	Turkey Patty Tomatillo Cream Sauce White Rice Roasted Sweet Potatoes	Pork Chile White Rice Peas & Carrots	Salmon Fish Cake Ginger & Orange Sauce White Rice Broccoli	Tempeh Cauli Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgar	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables	Split Pea & Cauliflower Patty Creamy Basil Sauce Barley w/ Mushrooms Capri Mixed Vegetables

10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Stroganoff Whole Wheat Rotini Broccoli	Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean & Spinach Ragout	Pork & Black Bean Mole Quinoa Broccoli	Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts	Turkey Tetrazzini Whole Wheat Rotini Broccoli	Chicken Fajita Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Stroganoff Whole Wheat Rotini Broccoli	Balsamic Portobello Mushroom White Bean & Spinach Ragout Quinoa, Edamame & Greens Peas	Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli	Orange Tofu & Edamame Brown Rice Brussel Sprouts	Vegetable Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots	Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Fricassee w/Tofu Orzo Carrots & Green Beans	Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Orzo & Herb Pilaf Zucchini	Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans	Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni	Chicken Stew White Rice w/ Herbs Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Stroganoff White Macaroni Broccoli	Yogurt Herb Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	Pork & Black Bean Mole Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey Tetrazzini White Macaroni Broccoli	Chicken Fajita Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Tofu Stroganoff White Macaroni Broccoli	Balsamic Portobello Mushroom White Bean & Spinach Ragout Orzo Carrots & Green Beans	Pork & Black Bean Mole White Rice Broccoli	Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mixed Vegetables	Vegetable Ranchero Stew Brown Rice Broccoli	Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg White Rice	Chicken Stew White Rice w/ Herbs Green Beans
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Barley Stew Roasted Sweet Potatoes	Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Macanese Curry Quinoa Brown Rice	Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables	Pork & Barley Stew Roasted Sweet Potatoes	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli	Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas	Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Sauté	Curried Tofu Macanese Curry Herbed Bulgur	Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables	Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots	Balsamic Portobello Mushroom Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Rosemary Potato Stew Orzo Garden Mixed Vegetables	Tuna & Vegetable Frittata White Macaroni Green Beans	Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Vegetables	Cod Filet Tofu Stew Macaroni Zucchini	Turkey & Eggplant Torta White Rice w/ Herbs Zucchini	Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables	Roasted Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Rosemary Potato Stew White Rice Peas & Carrots	Mustard Glazed Chicken Thigh Veggie Ragout Brown Rice	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Tofu Stew White Macaroni	Chipotle Beef & Turkey Meatloaf Red Mole Sauce White Rice Garden Mixed Vegetables	Pork & Barley Stew Peas & Carrots	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Barley Red Bean Burger Parsley Cilantro Sauce White Rice Brussel Sprouts	Whole Wheat Lasagna Vegetable Medley Green Beans	Chicken, Broccoli & Cheddar White Macaroni Brussel Sprouts & Carrots	Curried Tofu Macanese Curry Herbed Bulgur	Black Bean Chili Patty Red Mole Sauce White Rice Garden Mixed Vegetables	Tofu Sweet Potato Creole Hash Guajillo Chile Red Sauce White Rice	Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Brussel Sprouts

24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Birria Brown Rice Carrots	Roasted Chicken Thigh Brown Rice Chipotle Chili Gravy Succotash	Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach Ragout	Turkey Patty Green Curry Sauce Quinoa Brown Rice Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans	Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout	Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots
BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tofu Hash White Rice w/ Herbs Green Beans	Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini	Continental Pork Stew White Rice w/ Herbs Carrots	Baked Salmon Tofu Fricassee Orzo	Turkey 'Shrm Ragù Orzo Capri Mixed Vegetables
ESR	ESR	ESR	ESR	ESR
Beef Tofu Hash Cilantro Pumpkin Seed Jalapeno Sauce White Rice w/ Herbs Green Beans	Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash	Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini	White Turkey 'Shrm Ragù Quinoa Brown Rice Capri Mixed Vegetables
CK3	CK3	CK3	CK3	CK3
Beef Birria Brown Rice Green Beans	Black Bean Chili Patty Chipotle Chili Gravy Succotash	Southwest Tofu Tomatillo Cream Sauce White Rice w/Herbs Cauliflower	Salmon Fish Cake Artichoke Spinach & Tomato Ragout Whole Wheat Rotini	Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Zucchini

PROJECT OPEN HAND

Love Your Heart: A Year-Round Commitment to Health

Cecelia Cruz, Registered Dietitian at Project Open Hand

Did you know that heart disease is the leading cause of death for men and women in the United States? Some risk factors include high blood pressure, high cholesterol, smoking and diabetes. Small changes in your daily habits can help protect your heart and improve your overall health.

Try these heart-friendly choices:

- **Oats** are rich in soluble fiber, which helps reduce LDL cholesterol, a major contributor to heart disease.
- **Salmon** is packed with omega-3 fatty acids, which reduce inflammation and helps lower triglycerides.
- **Fruits and Veggies** are high in vitamins, minerals, and antioxidants that support healthy blood pressure and protect against damage to heart cells.
- **Nuts** are a heart-healthy option providing protein, unsaturated fats and fiber.
- **Drink Water!** Water helps maintain the right thickness of your blood, making it easier for your heart to pump. It also supports healthy blood pressure and helps flush out excess sodium that can strain your heart.

Move Your Body! Being active keeps your heart pumping strong. You don't have to run a marathon — try a walk around the block or dancing in your living room for 10-15 minutes a day. Every little bit helps!

Quick Tips for February:

Check food labels for **sodium**. **Look for foods with less than 140 mg of sodium per serving.** For example, if you're choosing canned soup, look for one labeled "low sodium" or check the label to make sure the sodium is 140 mg or less.

Use less butter when cooking. Small changes add up!



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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.