


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AWD HDM DELIVERY MENU: FEBRUARY 2025  Project Open Hand 40 years of meals with love					For Inquiries contact: Miguel Hurtado at 415-655-1361	
					1-Feb Pork & Barley Stew Roasted Sweet Potatoes Milk Half Pints Applesauce Cup	2-Feb Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables Milk Half Pints Orange
3-Feb Beef Birria Brown Rice Carrots Milk Half Pints Orange	4-Feb Roasted Chicken Thigh Brown Rice Chipotle Chili Gravy Succotash Milk Half Pints Applesauce Cup	5-Feb Pork & Chickpea Stew Quinoa Brown Rice Cauliflower Milk Half Pints Orange	6-Feb Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach Ragout Milk Half Pints Fruit Cup	7-Feb Turkey Patty Green Curry Sauce Quinoa Brown Rice Carrots Milk Half Pints Orange	8-Feb Chicken Tinga Brown Rice Garden Mixed Vegetables Milk Half Pints Applesauce Cup	9-Feb Yogurt Herb Chicken Breast Barley & Vegetables Cacciatore Sauce Milk Half Pints Orange
10-Feb Beef & Broccoli Sichuan Brown Rice Carrots Milk Half Pints Orange	11-Feb Cumin Spiced Chicken Thigh Quinoa Brown Rice Tikka Masala Carrots Milk Half Pints Applesauce Cup	12-Feb Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables Milk Half Pints Orange	13-Feb Cod Filet Parsley Cilantro Sauce Whole Wheat Rotini Lentil & Tomato Ragout Milk Half Pints Fruit Cup	14-Feb Beef & Turkey Bolognese Whole Wheat Macaroni Broccoli Milk Half Pints Orange	15-Feb Pork, White Bean & Artichoke Stew Brown Rice Carrots Milk Half Pints Orange	16-Feb Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice Milk Half Pints Applesauce Cup
17-Feb Beef Chili Colorado Brown Rice Broccoli & Cauliflower Milk Half Pints Orange	18-Feb Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes Milk Half Pints Applesauce Cup	19-Feb Pork & White bean Chili Quinoa, Edamame & Greens Roasted Sweet Potatoes Milk Half Pints Orange	20-Feb Baked Salmon Tuscan Spinach & Lemon Sauce Quinoa Brown Rice Broccoli Milk Half Pints Fruit Cup	21-Feb Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots Milk Half Pints Orange	22-Feb Chicken Pomodoro Stew Polenta w/Butternut Squash Peas & Carrots Milk Half Pints Applesauce Cup	23-Feb Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Roasted Sweet Potatoes Milk Half Pints Orange
24-Feb Beef Stroganoff Whole Wheat Rotini Broccoli Milk Half Pints Orange	25-Feb Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean & Spinach Ragout Milk Half Pints Applesauce Cup	26-Feb Pork & Black Bean Mole Quinoa Broccoli Milk Half Pints Orange	27-Feb Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Milk Half Pints Fruit Cup	28-Feb Turkey Tetrazzini Whole Wheat Rotini Broccoli Milk Half Pints Orange	Please Note: <i>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.</i>	

PROJECT OPEN HAND

Lunch Menu

February 2025

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!

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

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