

AWD Vegetarian HDM Delivery Menu: February 2025

For Inquiries contact:
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Project Open Hand

40 years of meals with love

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1-Feb	2-Feb
					Tofu Black Bean Enchilada Casserole	Balsamic Portobello Mushroom
					Enchilada Sauce	Lentil-Tempeh Sloppy Joe
					Peas & Carrots	Whole Wheat Rotini
					Milk Half Pints	Root Vegetables
					Applesauce Cup	Milk Half Pints
						Orange
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Tempeh Picadillo	Black Bean Chili Patty	Southwest Tofu	Blackened Tempeh Sticks	Tofu Mushroom & Veg Lasagna	Southwest Tempeh	Tempeh Cauli Chickpea Patty
Cilantro Pumpkin Seed Jalapeno Sauce	Chipotle Chili Gravy	Quinoa Brown Rice	Whole Wheat Rotini	Marinara Sauce	Jambalaya Stew	Cacciatore Sauce
Brown Rice	Brown Rice	Three Bean & Corn Hash	Artichoke Spinach & Tomato Ragout	Carrots	Brown Rice	Barley & Vegetables
Green Beans	Succotash	Milk Half Pints	Milk Half Pints	Milk Half Pints	Milk Half Pints	Green Beans
Milk Half Pints	Milk Half Pints	Orange	Fruit Cup	Orange	Applesauce Cup	Milk Half Pints
Orange	Applesauce Cup					Orange
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Teriyaki Black Bean Burger	Roasted Savory Tempeh	Roasted Five-Spice Tofu	Artichoke Spinach & Tempeh Frittata	Tempeh Burrito Casserole	Southwest Tofu	Tempeh Veg & Bean Chili
Teriyaki Sauce	Tikka Masala	Asian Veg Sichuan Stir-fry	Lentil & Tomato Ragout	Broccoli	Cajun Tofu w/Red Beans	Quinoa Brown Rice
Brown Rice	Quinoa Brown Rice	Brown Rice	Whole Wheat Rotini	Milk Half Pints	Brown Rice	Herbed Corn & Edamame
Broccoli	Carrots	Milk Half Pints	Milk Half Pints	Orange	Carrots	Milk Half Pints
Milk Half Pints	Milk Half Pints	Orange	Applesauce Cup		Milk Half Pints	Orange
Orange	Applesauce Cup				Applesauce Cup	
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
Lentil Tofu Bolognese Rustic	Roasted Savory Tempeh	Southwest Tempeh	Tofu & Vegetable Egg Foo Young	Tempeh Cauli Chickpea Patty	Tofu & Mushroom Adobo	Split Pea & Cauliflower Patty
Whole Wheat Rotini	White Bean & Vegetable Stew	Quinoa, Edamame & Greens	Ginger & Orange Sauce	Eggplant Mushroom Sauce	Brown Rice	Creamy Basil Sauce
Garden Mixed Vegetables	Brown Rice	Creamy Root Veg Chickpea Hash	Whole Wheat Rotini	Herbed Bulgar	Garden Mixed Vegetables	Barley w/Mushrooms
Milk Half Pints	Peas and Carrots	Milk Half Pints	Broccoli	Peas & Carrots	Milk Half Pints	Capri Mixed Vegetables
Applesauce Cup	Milk Half Pints	Orange	Milk Half Pints	Milk Half Pints	Applesauce Cup	Milk Half Pints
	Orange		Fruit Cup	Orange		Orange
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb		
Tofu Stroganoff	Balsamic Portobello Mushroom	Roasted Baharat Tofu	Orange Tofu & Edamame	Vegetable Ranchero Stew		
Whole Wheat Rotini	White Bean & Spinach Ragout	Red Bean & Veg Masala	Brown Rice	Brown Rice		
Broccoli	Quinoa, Edamame & Greens	Quinoa	Brussel Sprouts	Broccoli		
Milk Half Pints	Peas	Broccoli	Milk Half Pints	Milk Half Pints		
Orange	Milk Half Pints	Milk Half Pints	Fruit Cup	Orange		
	Applesauce Cup	Orange				
						<u>Please Note:</u>
						<i>Our menu meets 1/3 DRI for all target nutrient s 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.



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