

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

SEPTEMBER 2024 Wellness Menu



Project Open Hand
meals with love

Food Safety Awareness Month

According to the CDC, 1 in 6 Americans get sick from eating contaminated food each year.

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.

How can you keep your food safe?

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.

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.

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.

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.

At Project Open Hand meal sites, we take every precaution to keep food safe from contamination. Use these guidelines to help protect your food at home as well!

To learn more about food safety, visit www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling

1-Sep

WELLNESS

Balsamic Marinated Chicken Breast

Creamy White Cheese Sauce
Whole Wheat Rotini
Roasted Root Vegetable Medley

VEGETARIAN

Balsamic-Marinated Portabello Mushroom

Lentil-Tempeh & Tomato Hash
Whole Wheat Rotini
Roasted Root Vegetable Medley

BLAND

Roasted Chicken Breast

Creamy White Cheese Sauce
White Macaroni
Butternut Squash

ESR

Balsamic Marinated Chicken Breast

Creamy White Cheese Sauce
Whole Wheat Rotini
Roasted Root Vegetable Medley

CK3

Lentil-Tempeh & Tomato Hash

Whole Wheat Rotini
Brussel Sprouts

2-Sep

WELLNESS

Mexican Beef & Bean Stew

Brown Rice, Quinoa, Barley & Kale Blend
Carrots

3-Sep

WELLNESS

Roasted Chicken Thigh

Whole Wheat Rotini
Italian-Style Tomato & Herb Sauce
Carrots

4-Sep

WELLNESS

Pork & Chickpea Stew

Quinoa & Brown Rice
Cauliflower

5-Sep

WELLNESS

Garlic-Herb Salmon

Whole Wheat Rotini
Stewed Artichoke Spinach & Tomato

6-Sep

WELLNESS

Asian-style Turkey Meatball

Thai Green Curry Sauce w/Coconut
Quinoa & Brown Rice
Carrots

7-Sep

WELLNESS

Chicken, Cabbage & Red Chili Stew

Brown Rice
Garden Mixed Vegetables

8-Sep

WELLNESS

Yogurt Herb Chicken Breast

Barley, Asparagus & Broccoli
Italian-Style Tomato, Peppers & Mushroom Sauce

VEGETARIAN

Tempeh & Vegetable Hash

Zesty Cilantro w/ Pumpkin Seeds & Jalapeno
Brown Rice
Green Beans

VEGETARIAN

Whole Wheat Lasagana w/ Mushroom & Peppers

Italian-Style Tomato & Herb Sauce
Carrots

VEGETARIAN

Chili-Seasoned Tofu

Quinoa & Brown Rice
Three Bean Hominy Hash

VEGETARIAN

Sweet-Spicy Tempeh Sticks

Whole Wheat Rotini
Stewed Artichoke Spinach & Tomato

VEGETARIAN

Tempeh Cauliflower & Chickpea Patty

Tomato & Chipotle Chili Gravy
Quinoa & Brown Rice
Green Beans

VEGETARIAN

Seasoned Tempeh

Tomato, Okra & Bean Stew
Brown Rice

VEGETARIAN

Balsamic & Garlic Tempeh

Italian-Style Tomato, Peppers & Mushroom Sauce
Barley, Asparagus & Broccoli
Green Beans

BLAND

Beef & Tofu Hash

Herbed White Rice
Green Beans

BLAND

Roasted Chicken Breast

Parsnip & Carrot Sauce
Herbed Orzo
Zucchini

BLAND

Creamy Pork Stew w/Parsnip

Herbed White Rice
Carrots

BLAND

Baked Salmon

Creamy Tofu Mushroom & Zucchini
Orzo

BLAND

Creamy Turkey & Mushroom Sauce

Orzo
Capri Mixed Vegetables

BLAND

Turkey, Tempeh & Vegetable Hash

Herbed Orzo
Butternut Squash

BLAND

Creamy Chicken & Sweet Potato Stew

Herbed Orzo
Green Beans

ESR

Beef & Tofu Hash

Zesty Cilantro w/ Pumpkin Seeds & Jalapeno
Herbed White Rice
Green Beans

ESR

Roasted Chicken Breast

Italian-Style Tomato & Herb Sauce
Herbed Orzo
Brussel Sprouts

ESR

Pork & Chickpea Stew

Quinoa & Brown Rice
Cauliflower*

ESR

Garlic-Herb Salmon

Creamy Tofu Mushroom & Zucchini
Whole Wheat Rotini

ESR

Creamy Turkey & Mushroom Sauce

Quinoa & Brown Rice
Capri Mixed Vegetables

ESR

Chicken, Cabbage & Red Chili Stew

Brown Rice
Garden Mixed Vegetables

ESR

Yogurt Herb Chicken Breast

Italian-Style Tomato, Peppers & Mushroom Sauce
Barley, Asparagus & Broccoli

CK3

Mexican Beef & Bean Stew

Brown Rice
Green Beans

CK3

Whole Wheat Lasagana w/ Mushroom & Peppers

Italian-Style Tomato & Herb Sauce
Zucchini

CK3

Chili-Seasoned Tofu

Mexican Green Tomato & Cream
Herbed White Rice
Cauliflower

CK3

Salmon Fish Cake

Stewed Artichoke Spinach & Tomato
Whole Wheat Rotini

CK3

Tempeh Cauliflower & Chickpea Patty

Tomato & Chipotle Chili Gravy
White Rice
Green Beans

CK3

Chicken, Cabbage & Red Chili Stew

Brown Rice
Tomato, Okra & Bean Stew

CK3

Creamy Chicken & Sweet Potato Stew

Barley, Asparagus & Broccoli
Green Beans

9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Stew Brown Rice	Cumin-Spiced Chicken Thigh Quinoa & Brown Rice White Bean & Vegetable in Turmeric Yogurt Sauce Carrots	Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables	Baked Cod Dijon Mustard Sauce Brown Rice	Rustic Turkey, Tomato & Pepper Stew Creamy Polenta w/Cheese Broccoli	Pork, White Bean & Artichoke Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Asian-Style Soy & Sesame Black Bean Burger Asian Soy & Sesame Sauce Brown Rice Broccoli	Seasoned Tempeh White Bean & Vegetables in Creamy Turmeric Sauce Quinoa & Brown Rice Carrots	Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables	Artichoke Spinach & Tomato Egg Casserole Lentil, Tomato & Spinach Stew Whole Wheat Rotini	Tempeh Black Bean Burrito Casserole Broccoli	Tempeh Vegetables & Bean Chili Quinoa, Edamame & Greens Carrots	Cajun Tofu w/Red Beans, Peppers & Tomato Stew Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef, Tempeh & Veg Lasagna in Cream Sauce Basil & Cheese Sauce Zucchini	Tempeh & Tuna Cake Creamy Dill Sauce White Rice Green Beans	Yogurt Herbed Chicken Breast Basil & Cheese Sauce White Macaroni Zucchini	Baked Cod Herbed Tempeh & Zucchini Sauce White Macaroni Carrots	Turkey w/ Mashed Root Vegetable Casserole Creamy White Herb Sauce Green Beans	Pork Rosemary Stew Herbed Orzo w/ Mushrooms Capri Mixed Vegetables	Chicken, Eggplant & Mushroom Stew Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Stew Brown Rice Broccoli	Cumin-Spiced Chicken Thigh White Bean & Vegetables in Creamy Quinoa & Brown Rice Green Beans	Smoky Chicken & Lentil Stew Brown Rice Zucchini Raw	Baked Cod Lentil, Tomato & Spinach Stew Whole Wheat Rotini	Turkey Patty Creamy White Herb Sauce White Macaroni Green Beans	Pork, White Bean & Artichoke Stew Brown Rice Carrots	Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Asian-Style Soy & Sesame Black Bean Burger Asian Soy & Sesame Sauce White Rice Zucchini	Seasoned Tempeh White Bean & Vegetables in Creamy White Rice Carrots	Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables	Tempeh & Tuna Cake Dijon Mustard Sauce White Macaroni Carrots	Rustic Turkey, Tomato & Pepper Stew Orzo Carrots	Cajun Tofu w/Red Beans, Peppers & Tomato Stew Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans	Chicken, Eggplant & Mushroom Stew Orzo Cajun Corn, Peas & Lima Beans
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef, Tomato & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables	Chicken Thigh Mild Green Sauce Brown Rice Roasted Sweet Potatoes	Pork & White Bean Green Chili Quinoa, Edamame & Greens Roasted Root Vegetable Medley	Baked Salmon Creamy White Cheese Sauce Whole Wheat Rotini Broccoli	Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots	Chicken & Tomato Herb Stew Creamy Polenta w/Cheese Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Italian-Style Lentil Tofu Tomato & Vegetable Sauce Whole Wheat Rotini Garden Mixed Vegetables	White Bean & Spinach Casserole Pumpkin Seed Sauce Zucchini	Seasoned Tempeh Quinoa, Edamame & Greens Creamy Root Veg & Chickpea Hash	Tofu, Cabbage & Egg Casserole Ginger & Orange Sauce Whole Wheat Rotini Broccoli	Tempeh Cauliflower & Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots	Tofu & Mushroom in Soy-Garlic Sauce Brown Rice Garden Mixed Vegetables	Split Pea, Tempeh & Cauliflower Patty Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef & Mushroom in Creamy Yogurt Sauce White Macaroni Green Beans	Roasted Chicken Breast Basil & Cheese Sauce White Rice Roasted Sweet Potatoes	Pork, Tempeh & Squash Stew Herbed White Rice Green Beans	Turkey Patty Creamy White Cheese Sauce White Macaroni Capri Mixed Vegetables	Turkey & Mushroom Lasagna w/White Herb Sauce Zucchini	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni	Roasted Chicken Breast Creamy Tofu Mushroom & Zucchini White Macaroni
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef, Tomato & Lentil Stew White Macaroni Green Beans	Yogurt Herbed Chicken Breast Mild Green Sauce White Rice Peas & Carrots	Pork Tempeh & Squash Stew Herbed White Rice Green Beans	Baked Salmon Creamy White Cheese Sauce White Macaroni Capri Mixed Vegetables	Turkey & Mushroom Lasagna w/White Herb Sauce Parsley & Cilantro Herb Sauce Zucchini	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables Creamy Polenta w/Cheese Garden Mixed Vegetables	Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Italian-Style Lentil Tofu Tomato & Vegetable Sauce White Macaroni Garden Mixed Vegetables	Turkey Patty White Rice Roasted Sweet Potatoes Basil & Cheese Sauce	Pork & White Bean Green Chili White Rice Capri Mixed Vegetables	Salmon Fish Cake Ginger & Orange Sauce White Rice Broccoli	Tempeh Cauliflower & Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgur	Tofu & Mushroom in Soy-Garlic Sauce Brown Rice Garden Mixed Vegetables	Split Pea, Tempeh & Cauliflower Patty Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables

23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
WELLNESS Beef & Mushroom Stew Whole Wheat Rotini Broccoli	WELLNESS Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach	WELLNESS Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	WELLNESS Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes	WELLNESS Turkey & Kidney Bean Chili Brown Rice	WELLNESS Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash	WELLNESS Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice
VEGETARIAN Creamy Tofu & Mushroom Stew Whole Wheat Rotini Broccoli	VEGETARIAN Balsamic-Marinated Portabello White Bean, Red Peppers & Spinach Quinoa, Edamame & Greens	VEGETARIAN Curried Lentil & Tempeh Casserole Quinoa Broccoli	VEGETARIAN Seasoned Tempeh Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes	VEGETARIAN Barley Red Bean Burger Parsley & Cilantro Sauce Brown Rice Broccoli	VEGETARIAN Tempeh Cauliflower & Chickpea Patty Pumpkin Puree w/ Vegetables Whole Wheat Rotini Peas & Carrots	VEGETARIAN Tomato Eggplant Garbanzo Casserole Creamy Tomato Sauce Quinoa & Brown Rice
BLAND Beef & Tofu in Creamy Mushroom Orzo Carrots & Green Beans Parsley & Cilantro Herb Sauce	BLAND Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Herbed Orzo Zucchini	BLAND Pork, Potato & Herb Stew White Rice Roasted Sweet Potatoes	BLAND Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	BLAND Turkey & Vegetable Egg Casserole Herbed Orzo Green Beans	BLAND Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni	BLAND Chicken Stew Herbed White Rice Green Beans
ESR Beef & Mushroom Stew White Macaroni Broccoli	ESR Rosemary Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	ESR Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	ESR Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	ESR Turkey & Kidney Bean Chili Brown Rice Broccoli	ESR Chicken, Mushroom & Spinach Stew Whole Wheat Rotini Peas & Carrots	ESR Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice Carrots
CK3 Creamy Tofu & Mushroom Stew White Macaroni Broccoli	CK3 Balsamic-Marinated Portabello White Bean, Red Peppers & Spinach Orzo Carrots & Green Beans	CK3 Pork & Beans in Smoky Pepper Sauce White Rice Broccoli	CK3 Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes	CK3 Turkey & Kidney Bean Chili Brown Rice Broccoli	CK3 Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash	CK3 Chicken Stew Herbed White Rice Green Beans

30-Sep
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes
VEGETARIAN Tex-Mex Tempeh, Tofu, Beans & Brown Rice Roasted Sweet Potatoes
BLAND Beef Rosemary Stew White Rice Roasted Sweet Potatoes
ESR Beef Rosemary Stew White Rice Peas & Carrots
CK3 Tex-Mex Tempeh, Tofu, Beans & Brown Rice Brussel Sprouts

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