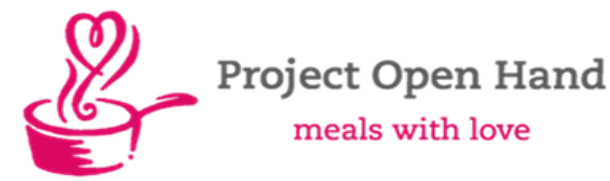


OCTOBER 2024 Wellness Menu


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	
	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	
	Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach Stew	Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Turkey & Kidney Bean Chili Brown Rice	Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash	Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	Roasted Root Vegetable Medley VEGETARIAN	
	Balsamic-Marinated Portabello Mushroom White Bean, Red Peppers & Spinach Stew Quinoa, Edamame & Greens	Curried Lentil & Tempeh Casserole Quinoa Broccoli	Seasoned Tempeh Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Barley Red Bean Burger Parsley & Cilantro Sauce Brown Rice	Tempeh Cauliflower & Chickpea Patty Pumpkin Puree w/ Vegetables Whole Wheat Rotini	Balsamic-Marinated Portabello Mushroom Lentil-Tempeh & Tomato Hash Whole Wheat Rotini	
	BLAND	BLAND	BLAND	BLAND	BLAND	Roasted Root Vegetable Medley BLAND	
	Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Herbed Orzo Zucchini	Pork, Potato & Herb Stew White Rice Roasted Sweet Potatoes	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey & Vegetable Egg Casserole Herbed Orzo Green Beans	Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni	Roasted Chicken Breast Creamy White Cheese Sauce White Macaroni Butternut Squash	
	ESR	ESR	ESR	ESR	ESR	ESR	
	Rosemary Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables	Turkey & Kidney Bean Chili Brown Rice Broccoli	Chicken, Mushroom & Spinach Stew Whole Wheat Rotini Peas & Carrots	Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley	
	CK3	CK3	CK3	CK3	CK3	CK3	
	Balsamic-Marinated Portabello Mushroom White Bean, Red Peppers & Spinach Stew Orzo Carrots & Green Beans	Pork & Beans in Smoky Pepper Sauce White Rice Broccoli	Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Turkey & Kidney Bean Chili Brown Rice Broccoli	Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash	Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Brussel Sprouts	
	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	
	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	
	Mexican Beef & Bean Stew Brown Rice, Quinoa, Barley & Kale Blend Carrots	Roasted Chicken Thigh Whole Wheat Rotini Italian-Style Tomato & Herb Sauce Carrots	Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower	Garlic-Herb Salmon Whole Wheat Rotini Stewed Artichoke Spinach & Tomato	Asian-style Turkey Meatball Thai Green Curry Sauce w/Coconut Quinoa & Brown Rice Carrots	Chicken, Cabbage & Red Chili Stew Brown Rice Garden Mixed Vegetables	Yogurt Herb Chicken Breast Barley, Asparagus & Broccoli Italian-Style Tomato, Peppers & Mushroom Sauce
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
	Tempeh & Vegetable Hash Zesty Cilantro w/ Pumpkin Seeds & Jalapeno Brown Rice Green Beans	Whole Wheat Lasagana w/ Mushroom & Peppers Italian-Style Tomato & Herb Sauce Carrots	Chili-Seasoned Tofu Quinoa & Brown Rice Three Bean Hominy Hash	Sweet-Spicy Tempeh Sticks Whole Wheat Rotini Stewed Artichoke Spinach & Tomato	Tempeh Cauliflower & Chickpea Patty Tomato & Chipotle Chili Gravy Quinoa & Brown Rice Green Beans	Seasoned Tempeh Tomato, Okra & Bean Stew Brown Rice	Balsamic & Garlic Tempeh Italian-Style Tomato, Peppers & Mushroom Sauce Barley, Asparagus & Broccoli Green Beans
	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	
	Beef & Tofu Hash Herbed White Rice Green Beans	Roasted Chicken Breast Parsnip & Carrot Sauce Herbed Orzo Zucchini	Creamy Pork Stew w/Parsnip Herbed White Rice Carrots	Baked Salmon Creamy Tofu Mushroom & Zucchini Orzo	Creamy Turkey & Mushroom Sauce Orzo Capri Mixed Vegetables	Turkey, Tempeh & Vegetable Hash Herbed Orzo Butternut Squash	Creamy Chicken & Sweet Potato Stew Herbed Orzo Green Beans
	ESR	ESR	ESR	ESR	ESR	ESR	
	Beef & Tofu Hash Zesty Cilantro w/ Pumpkin Seeds & Jalapeno Herbed White Rice Green Beans	Roasted Chicken Breast Italian-Style Tomato & Herb Sauce Herbed Orzo Brussel Sprouts	Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower*	Garlic-Herb Salmon Creamy Tofu Mushroom & Zucchini Whole Wheat Rotini	Creamy Turkey & Mushroom Sauce Quinoa & Brown Rice Capri Mixed Vegetables	Chicken, Cabbage & Red Chili Stew Brown Rice Garden Mixed Vegetables	Yogurt Herb Chicken Breast Italian-Style Tomato, Peppers & Mushroom Sauce Barley, Asparagus & Broccoli
	CK3	CK3	CK3	CK3	CK3	CK3	
	Mexican Beef & Bean Stew Brown Rice Green Beans	Whole Wheat Lasagana w/ Mushroom & Peppers Italian-Style Tomato & Herb Sauce Zucchini	Chili-Seasoned Tofu Mexican Green Tomato & Cream Herbed White Rice Cauliflower	Salmon Fish Cake Stewed Artichoke Spinach & Tomato Whole Wheat Rotini	Tempeh Cauliflower & Chickpea Patty Tomato & Chipotle Chili Gravy White Rice Green Beans	Chicken, Cabbage & Red Chili Stew Brown Rice Tomato, Okra & Bean Stew	Creamy Chicken & Sweet Potato Stew Barley, Asparagus & Broccoli Green Beans



OCTOBER 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
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 Lentil, Tomato & Spinach Stew	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 Cajun Corn, Peas & Lima Beans
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
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
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

OCTOBER 2024 Wellness Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Oct	29-Oct	30-Oct	31-Oct	 <p><i>If you are carving pumpkins this Halloween, try cooking with the pumpkin seeds!</i></p>		
WELLNESS	WELLNESS	WELLNESS	WELLNESS			
Beef & Mushroom Stew Whole Wheat Rotini Broccoli	Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach	Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN			
Creamy Tofu & Mushroom Stew Whole Wheat Rotini Broccoli	Balsamic-Marinated Portabello White Bean, Red Peppers & Spinach Quinoa, Edamame & Greens	Curried Lentil & Tempeh Casserole Quinoa Broccoli	Seasoned Tempeh Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes			
BLAND	BLAND	BLAND	BLAND			
Beef & Tofu in Creamy Mushroom Orzo Carrots & Green Beans Parsley & Cilantro Herb Sauce	Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Herbed Orzo Zucchini	Pork, Potato & Herb Stew White Rice Roasted Sweet Potatoes	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables			
ESR	ESR	ESR	ESR			
Beef & Mushroom Stew White Macaroni Broccoli	Rosemary Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans	Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli	Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables			
CK3	CK3	CK3	CK3			
Creamy Tofu & Mushroom Stew White Macaroni Broccoli	Balsamic-Marinated Portabello White Bean, Red Peppers & Spinach Orzo Carrots & Green Beans	Pork & Beans in Smoky Pepper Sauce White Rice Broccoli	Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes			

October 2024

Ryan Farquhar, Registered Dietitian at Project Open Hand

Using all Pieces of Produce: Save Money, Stop Waste

One of the most pressing issues in the kitchen is food waste as about 120 billion pounds of food is wasted a year. For this month, the Nutrition Team at Project Open Hand wants to share some tips to reduce food waste and save grocery money!

Economic Benefits

Using all parts of produce can lead to cost savings as using every part reduces the need to buy additional ingredients. For instance, beet greens, often discarded, can be sautéed or added to soups and salads. Similarly, carrot tops can be used as a base to make pesto sauce for pasta. By making the most out of every part of your produce, you can stretch your grocery budget further.

Culinary Creativity

By using all parts of produce, you can experiment with new recipes. For example, potato peels can be transformed into crispy chips, and overripe fruits can be baked into delicious breads or muffins. This practice not only helps in reducing waste but also allows you to try new things with items you may have once thrown away. Exploring recipes that incorporate less commonly used parts of vegetables can be a fun and rewarding experience.

Nutritional Value

Some of the produce parts we discard are also rich in nutrients. Beet greens are packed with vitamins A, C, and K, as well as minerals like calcium and iron. Similarly, cauliflower leaves are high in fiber and antioxidants. By adding these parts into our diets, we can enhance our nutrition and make the most of the food we buy.

Practical Tips for Reducing Waste

- **Plan Meals:** Create weekly meal plans that utilize various parts of the product. For example, plan to use green onion leaves to add on top of noodles for a mild onion flavor while adding the green onion bulbs to another dish like stir fry that needs a stronger flavor.
- **Storage Solutions:** Make sure to store items in the fridge or on the counter appropriately to prevent over ripening. Items that are getting overly ripe can be frozen to preserve the food. You can also store vegetable or meat scraps in the freezer until you have enough to make a broth or soup.
- **Recipe Exploration:** Look for recipes designed to use veggie scraps or less common parts of produce. For example, you can also use overripe banana peels in your banana bread if you want a stronger banana flavor.
- **Composting:** If you cannot use all parts of your produce, consider adding the items to a composting bin so the food will be used to make better soil for growing more food.

By adopting these practices, you can make a big impact on reducing food waste!