


# AWD HDM DELIVERY MENU: OCTOBER 2024

**For Inquiries contact:  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>
	<b>Chicken Thigh</b>	<b>Pork &amp; White Bean Green Chili</b>	<b>Baked Salmon</b>	<b>Turkey Meatloaf</b>	<b>Chicken &amp; Tomato Herb Stew</b>	<b>Garlic &amp; Herb Chicken Breast</b>
	Mild Green Sauce	Quinoa, Edamame & Greens	Creamy White Cheese Sauce	Eggplant Mushroom Sauce	Creamy Polenta w/Cheese	Creamy Basil Sauce
	Brown Rice	Roasted Root Vegetable Medley	Whole Wheat Rotini	Herbed Bulgur	Garden Mixed Vegetables	Barley w/Mushrooms
	Roasted Sweet Potatoes	Milk Half Pints	Broccoli	Peas & Carrots	Milk Half Pints	Capri Mixed Vegetables
	Milk Half Pints	Applesauce Cup	Milk Half Pints	Milk Half Pints	Orange	Milk Half Pints
	Fruit Cup		Orange	Fruit Cup		Applesauce Cup / Orange
<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>
<b>Beef &amp; Mushroom Stew</b>	<b>Rosemary Chicken Thigh</b>	<b>Pork &amp; Beans in Smoky Pepper Sauce</b>	<b>Salmon Fish Cake</b>	<b>Turkey &amp; Kidney Bean Chili</b>	<b>Chicken, Mushroom &amp; Spinach Stew</b>	<b>Garlic &amp; Herb Chicken Breast</b>
Whole Wheat Rotini	Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach Stew	Quinoa	Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Brown Rice	Quinoa, Edamame & Greens	Creamy Tomato Sauce
Broccoli		Broccoli		Milk Half Pints	Butternut Squash	Quinoa & Brown Rice
Milk Half Pints	Milk Half Pints	Milk Half Pints	Milk Half Pints	Fruit Cup	Milk Half Pints	Carrots
Applesauce Cup	Applesauce Cup	Fruit Cup	Applesauce Cup		Orange	Milk Half Pints / Orange
<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>
<b>Beef &amp; Barley Stew</b>	<b>Mustard Glazed Chicken Thigh</b>	<b>Chicken, Broccoli &amp; Cheddar</b>	<b>Baked Cod</b>	<b>Chipotle Beef &amp; Turkey Meatloaf</b>	<b>Pork &amp; Barley Stew</b>	<b>Balsamic Marinated Chicken Breast</b>
Roasted Sweet Potatoes	Brown Rice	Whole Wheat Rotini	Peas & Potatoes Ginger Curry	Mexican-style Red Pepper & Tomato Sauce	Roasted Sweet Potatoes	Creamy White Cheese Sauce
Milk Half Pints	Stewed Tomatoes & Vegetable Medley	Milk Half Pints	Herbed Bulgur	Quinoa, Edamame & Greens	Milk Half Pints	Whole Wheat Rotini
Applesauce Cup	Milk Half Pints	Orange	Milk Half Pints	Garden Mixed Vegetables	Applesauce Cup	Roasted Root Vegetable
	Fruit Cup		Applesauce Cup	Milk Half Pints / Fruit Cup		Milk Half Pints / Orange
<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>
<b>Mexican Beef &amp; Bean Stew</b>	<b>Roasted Chicken Thigh</b>	<b>Pork &amp; Chickpea Stew</b>	<b>Garlic-Herb Salmon</b>	<b>Asian-style Turkey Meatball</b>	<b>Chicken, Cabbage &amp; Red Chili Stew</b>	<b>Yogurt Herb Chicken Breast</b>
Brown Rice, Quinoa, Barley & Kale Blend	Whole Wheat Rotini	Quinoa & Brown Rice	Whole Wheat Rotini	Thai Green Curry Sauce w/Coconut	Brown Rice	Barley, Asparagus & Broccoli
Carrots	Italian-Style Tomato & Herb Sauce	Cauliflower	Stewed Artichoke Spinach & Tomato	Quinoa & Brown Rice	Garden Mixed Vegetables	Italian-Style Tomato, Peppers & Mushroom Sauce
Milk Half Pints	Carrots	Milk Half Pints	Milk Half Pints	Carrots	Milk Half Pints	Milk Half Pints
Fruit Cup	Milk Half Pints	Applesauce Cup	Fruit Cup	Milk Half Pints	Orange	Applesauce Cup
	Orange			Applesauce Cup		
<b>28-Oct</b>	<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>	<p><b>Please Note:</b></p> <p><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></p>		
<b>Beef Stew</b>	<b>Cumin-Spiced Chicken Thigh</b>	<b>Smoky Chicken &amp; Lentil Stew</b>	<b>Baked Cod</b>			
Brown Rice	Quinoa & Brown Rice	Brown Rice	Dijon Mustard Sauce			
	White Bean & Vegetable in Turmeric Yogurt Sauce	Garden Mixed Vegetables	Brown Rice			
	Carrots	Milk Half Pints	Lentil, Tomato & Spinach Stew			
Milk Half Pints	Milk Half Pints	Fruit Cup	Milk Half Pints			
Orange	Applesauce Cup		Orange			

## PROJECT OPEN HAND

# LUNCH Menu

Ryan Farquhar, Registered Dietitian at Project Open Hand

# October 2024

## 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!



*If you are carving pumpkins this Halloween, try cooking with the pumpkin seeds!*



**Project Open Hand**  
meals with love