

AWD Vegetarian HDM Delivery Menu: OCTOBER 2024

For Inquiries contact:
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
	Creamy Tofu & Mushroom Stew	Balsamic-Marinated Portabello Mushroom	Curried Lentil & Tempeh Casserole	Seasoned Tempeh	Barley Red Bean Burger	Split Pea, Tempeh & Cauliflower Patty
	Whole Wheat Rotini	White Bean, Red Peppers & Spinach Stew	Quinoa	Quinoa, Edamame & Greens	Parsley & Cilantro Sauce	Creamy Basil Sauce
	Broccoli	Quinoa, Edamame & Greens	Broccoli	Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Brown Rice	Barley w/Mushrooms
	Milk Half Pints	Olive Oil	Milk Half Pints	Milk Half Pints	Broccoli	Capri Mixed Vegetables
	Applesauce Cup	Milk Half Pints	Fruit Cup	Orange	Milk Half Pints	Milk Half Pints
		Applesauce Cup			Applesauce Cup	Orange
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Creamy Tofu & Mushroom Stew	Balsamic-Marinated Portabello Mushroom	Curried Lentil & Tempeh Casserole	Seasoned Tempeh	Barley Red Bean Burger	Tempeh Cauliflower & Chickpea Patty	Tomato Eggplant Garbanzo Casserole
Whole Wheat Rotini	White Bean, Red Peppers & Spinach Stew	Quinoa	Quinoa, Edamame & Greens	Parsley & Cilantro Sauce	Pumpkin Puree w/ Vegetables	Creamy Tomato Sauce
Broccoli	Quinoa, Edamame & Greens	Broccoli	Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew	Brown Rice	Whole Wheat Rotini	Quinoa & Brown Rice
Milk Half Pints	Milk Half Pints	Milk Half Pints	Milk Half Pints	Broccoli	Peas & Carrots	Milk Half Pints
Applesauce Cup	Applesauce Cup	Fruit Cup	Orange	Milk Half Pints	Milk Half Pints	Fruit Cup
				Applesauce Cup	Applesauce Cup	
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Tex-Mex Tempeh, Tofu, Beans & Tomato Stew	Whole Wheat Lasagna w/Roasted Peppers & Mushroom	Cumin-Spiced Tofu	Turmeric-Spiced Tofu	Black Bean Chili Patty	Rustic Tofu Sweet Potato Hash	Balsamic-Marinated Portabello Mushroom
Brown Rice	Stewed Tomatoes & Vegetable Medley	Green Herb & Sesame Puree	Peas & Potatoes Ginger Curry	Mexican-style Red Pepper & Tomato Sauce	Red Pepper Sauce	Lentil-Tempeh & Tomato Hash
Roasted Sweet Potatoes	Peas	Whole Wheat Rotini	Herbed Bulgur	Brown Rice	Barley	Whole Wheat Rotini
Milk Half Pints	Milk Half Pints	Vegetable & Kidney Bean Saute	Milk Half Pints	Garden Mixed Vegetables	Milk Half Pints	Roasted Root Vegetable Medley
Applesauce Cup	Fruit Cup	Milk Half Pints	Applesauce Cup	Milk Half Pints	Orange	Milk Half Pints
		Orange		Applesauce Cup		Orange
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Tempeh & Vegetable Hash	Whole Wheat Lasagana w/Mushroom & Peppers	Chili-Seasoned Tofu	Sweet-Spicy Tempeh Sticks	Tempeh Cauliflower & Chickpea Patty	Seasoned Tempeh	Balsamic & Garlic Tempeh
Zesty Cilantro w/ Pumpkin Seeds & Jalapeno	Italian-Style Tomato & Herb Sauce	Quinoa & Brown Rice	Whole Wheat Rotini	Tomato & Chipotle Chili Gravy	Tomato, Okra & Bean Stew	Italian-Style Tomato, Peppers & Mushroom Sauce
Brown Rice	Carrots	Three Bean Hominy Hash	Stewed Artichoke Spinach & Tomato	Quinoa & Brown Rice	Brown Rice	Barley, Asparagus & Broccoli
Green Beans	Milk Half Pints	Milk Half Pints	Milk Half Pints	Green Beans	Milk Half Pints	Green Beans
Milk Half Pints	Fruit Cup	Orange	Applesauce Cup	Milk Half Pints	Orange	Milk Half Pints
Applesauce Cup				Fruit Cup		Applesauce Cup
28-Oct	29-Oct	30-Oct	31-Oct	<p>Please Note:</p> <p>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.</p>		
Asian-Style Soy & Sesame	Seasoned Tempeh	Orange Tofu & Edamame	Artichoke Spinach & Tomato Egg			
Asian Soy & Sesame Sauce	White Bean & Vegetables in	Brown Rice	Lentil, Tomato & Spinach Stew			
Brown Rice	Quinoa & Brown Rice	Garden Mixed Vegetables	Whole Wheat Rotini			
Broccoli	Carrots	Milk Half Pints	Milk Half Pints			
Milk Half Pints	Milk Half Pints	Fruit Cup	Applesauce Cup			
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
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