
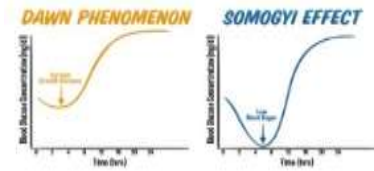



November 2024 Wellness Menu

Monday	Wednesday	Thursday	Friday	Saturday	Sunday			
<p>PROJECT OPEN HAND Wellness Menu Kayla Kamen, Registered Dietitian at Project Open Hand</p> <p>Diabetes Awareness Month</p> <p>Managing diabetes is akin to juggling while riding a unicycle, over a tight rope. While it may sound impossible to do it all, it can be done with practice, access to resources, and support. It also requires constant communication with your healthcare team to assure that lab values are within normal limits, and further complications are avoided.</p> <p>The key to managing diabetes is maintaining control over blood glucose. In addition to medication interventions, individuals with diabetes can manage their glucose through diet and lifestyle.</p> <p>Start with these tips:</p> <ul style="list-style-type: none"> ➢ Limiting sugary, concentrated sweets (juice, cakes, cookies, etc.) ➢ Pairing fruits and sweetened foods with fiber, fat, or protein to slow digestion and glucose uptake (ie fruit + nuts) ➢ Opting for whole grains instead of white (whole wheat bread, brown rice) ➢ Eat every couple hours to keep sugar levels consistent 			<p>November 2024</p> <p>The Dawn Phenomenon is the name for an episode of high blood sugar in the early hours of the morning. To help reduce instances of the Dawn Phenomenon, try limiting carb heavy food before bed. Instead eat protein rich foods and engage in light exercise after dinner, like a neighborhood walk.</p> <p>Similarly, the Somogyi Effect is the occurrence of low blood sugar in the evenings. It is often followed by an episode of high sugar in the mornings. The idea is that there is a spike in blood sugar in response to hormones released during low blood sugar. To help manage this, it is recommended to reduce carbs before bed.</p>  <p>Want to learn more about managing your diabetes? Visit https://diabetes.org/</p>			<p>1-Nov WELLNESS Turkey & Kidney Bean Chili Brown Rice</p> <p>VEGETARIAN Barley Red Bean Burger Parsley & Cilantro Sauce Brown Rice Broccoli</p> <p>BLAND Turkey & Vegetable Egg Casserole Herbed Orzo Green Beans</p> <p>ESR Turkey & Kidney Bean Chili Brown Rice Broccoli</p> <p>CK3 Turkey & Kidney Bean Chili Brown Rice Broccoli</p>	<p>2-Nov WELLNESS Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash</p> <p>VEGETARIAN Tempeh Cauliflower & Chickpea Patty Pumpkin Puree w/ Vegetables Whole Wheat Rotini Peas & Carrots</p> <p>BLAND Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni</p> <p>ESR Chicken, Mushroom & Spinach Stew Whole Wheat Rotini Peas & Carrots</p> <p>CK3 Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash</p>	<p>3-Nov WELLNESS Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice Carrots</p> <p>VEGETARIAN Tomato Eggplant Garbanzo Casserole Creamy Tomato Sauce Quinoa & Brown Rice</p> <p>BLAND Chicken Stew Herbed White Rice Green Beans</p> <p>ESR Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice and Carrots</p> <p>CK3 Chicken Stew Herbed White Rice Green Beans</p>
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov		
WELLNESS Beef & Barley Stew Roasted Sweet Potatoes	WELLNESS Mustard Glazed Chicken Thigh Brown Rice Stewed Tomatoes & Vegetable Medley	WELLNESS Chicken, Broccoli & Cheddar Whole Wheat Rotini	WELLNESS Baked Cod Peas & Potatoes Ginger Curry Herbed Bulgur	WELLNESS Chipotle Beef & Turkey Meatloaf Mexican-style Red Pepper & Tomato Sauce Quinoa, Edamame & Greens Garden Mixed Vegetables	WELLNESS Pork & Barley Stew Roasted Sweet Potatoes	WELLNESS Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley		
VEGETARIAN Tex-Mex Tempeh, Tofu, Beans & Tomato Stew Brown Rice Roasted Sweet Potatoes	VEGETARIAN Whole Wheat Lasagna w/ Roasted Peppers & Mushroom Stewed Tomatoes & Vegetable Medley Peas	VEGETARIAN Cumin-Spiced Tofu Green Herb & Sesame Puree Whole Wheat Rotini Vegetable & Kidney Bean Saute	VEGETARIAN Turmeric-Spiced Tofu Peas & Potatoes Ginger Curry Herbed Bulgur	VEGETARIAN Black Bean Chili Patty Mexican-style Red Pepper & Tomato Sauce Brown Rice Garden Mixed Vegetables	VEGETARIAN Rustic Tofu Sweet Potato Hash Red Pepper Sauce Barley	VEGETARIAN Balsamic-Marinated Portabello Mushroom Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Roasted Root Vegetable Medley		
BLAND Beef Rosemary Stew White Rice Roasted Sweet Potatoes	BLAND Tuna & Vegetable Egg Casserole Parsley & Cilantro Herb Sauce White Macaroni Green Beans	BLAND Turkey Stuffed Mushroom Creamy White Herb Sauce Herbed Orzo Capri Mixed Vegetables	BLAND Baked Cod Tofu Stew White Macaroni Zucchini	BLAND Turkey & Eggplant Frittata Parsley & Cilantro Herb Sauce White Rice Green Beans	BLAND Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables	BLAND Roasted Chicken Breast Creamy White Cheese Sauce White Macaroni Butternut Squash		
ESR Beef Rosemary Stew White Rice Peas & Carrots	ESR Mustard Glazed Chicken Thigh Stewed Tomatoes & Vegetable Medley Brown Rice	ESR Chicken, Broccoli & Cheddar Whole Wheat Rotini	ESR Baked Cod Tofu Stew White Macaroni	ESR Chipotle Beef & Turkey Meatloaf Mexican-style Red Pepper & Tomato Sauce White Rice Garden Mixed Vegetables	ESR Pork & Barley Stew Peas & Carrots	ESR Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley		
CK3 Tex-Mex Tempeh, Tofu, Beans & Tomato Stew Brown Rice Brussel Sprouts	CK3 Whole Wheat Lasagna w/ Roasted Peppers & Mushroom Green Beans	CK3 Chicken, Broccoli & Cheddar White Macaroni Brussel Sprouts & Carrots	CK3 Turmeric-Spiced Tofu Peas & Potatoes Ginger Curry Herbed Bulgur	CK3 Black Bean Chili Patty Mexican-style Red Pepper & Tomato White Rice	CK3 Rustic Tofu Sweet Potato Hash Red Pepper Sauce White Rice	CK3 Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Brussel Sprouts		
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	15-Nov	17-Nov		
WELLNESS Mexican Beef & Bean Stew Brown Rice, Quinoa, Barley & Kale Blend Carrots	WELLNESS Roasted Chicken Thigh Whole Wheat Rotini Italian-Style Tomato & Herb Sauce Carrots	WELLNESS Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower	WELLNESS Garlic-Herb Salmon Whole Wheat Rotini Stewed Artichoke Spinach & Tomato	WELLNESS Asian-style Turkey Meatball Thai Green Curry Sauce w/Coconut Quinoa & Brown Rice Carrots	WELLNESS Chicken, Cabbage & Red Chili Stew Brown Rice Garden Mixed Vegetables	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 Lasagna 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		

11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	15-Nov	17-Nov
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 Sauce 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
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
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 Asian-Style Soy & Sesame Black Bean Burger Asian Soy & Sesame Sauce Brown Rice Broccoli	VEGETARIAN Seasoned Tempeh White Bean & Vegetables in Creamy Turmeric Sauce Quinoa & Brown Rice	VEGETARIAN Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables	VEGETARIAN Artichoke Spinach & Tomato Egg Casserole Lentil, Tomato & Spinach Stew Whole Wheat Rotini	VEGETARIAN Tempeh Black Bean Burrito Casserole Broccoli	VEGETARIAN Tempeh Vegetables & Bean Chili Quinoa, Edamame & Greens Carrots	VEGETARIAN Cajun Tofu w/Red Beans, Peppers & Tomato Stew Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans
BLAND Beef, Tempeh & Veg Lasagna in Cream Sauce Basil & Cheese Sauce Zucchini	BLAND Tempeh & Tuna Cake Creamy Dill Sauce White Rice Zucchini	BLAND Yogurt Herbed Chicken Breast Basil & Cheese Sauce White Macaroni	BLAND Baked Cod Herbed Tempeh & Zucchini Sauce White Macaroni	BLAND Turkey w/ Mashed Root Vegetable Casserole Creamy White Herb Sauce Green Beans	BLAND Pork Rosemary Stew Herbed Orzo w/ Mushrooms Capri Mixed Vegetables	BLAND Chicken, Eggplant & Mushroom Stew Orzo Green Beans
ESR Beef Stew Brown Rice Broccoli	ESR Cumin-Spiced Chicken Thigh White Bean & Vegetables in Creamy Turmeric Sauce Quinoa & Brown Rice Green Beans	ESR Smoky Chicken & Lentil Stew Brown Rice Zucchini Raw	ESR Baked Cod Lentil, Tomato & Spinach Stew Whole Wheat Rotini	ESR Turkey Patty Creamy White Herb Sauce White Macaroni Green Beans	ESR Pork, White Bean & Artichoke Stew Brown Rice Carrots	ESR Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans
CK3 Asian-Style Soy & Sesame Black Bean Burger Asian Soy & Sesame Sauce White Rice Zucchini	CK3 Seasoned Tempeh White Bean & Vegetables in Creamy Turmeric Sauce White Rice Carrots	CK3 Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables	CK3 Tempeh & Tuna Cake Dijon Mustard Sauce White Macaroni Carrots	CK3 Rustic Turkey, Tomato & Pepper Stew Orzo Carrots	CK3 Cajun Tofu w/Red Beans, Peppers & Tomato Stew Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans	CK3 Chicken, Eggplant & Mushroom Stew Orzo Cajun Corn, Peas & Lima Beans
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	
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	
VEGETARIAN Italian-Style Lentil Tofu Tomato & Vegetable Sauce Whole Wheat Rotini Garden Mixed Vegetables	VEGETARIAN White Bean & Spinach Casserole Pumpkin Seed Sauce Zucchini	VEGETARIAN Seasoned Tempeh Quinoa, Edamame & Greens Creamy Root Veg & Chickpea Hash	VEGETARIAN Tofu, Cabbage & Egg Casserole Ginger & Orange Sauce Whole Wheat Rotini Broccoli	VEGETARIAN Tempeh Cauliflower & Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots	VEGETARIAN Tofu & Mushroom in Soy-Garlic Sauce Brown Rice Garden Mixed Vegetables	
BLAND Beef & Mushroom in Creamy Yogurt White Macaroni Green Beans	BLAND Roasted Chicken Breast Basil & Cheese Sauce White Rice Roasted Sweet Potatoes	BLAND Pork, Tempeh & Squash Stew Herbed White Rice Green Beans	BLAND Turkey Patty Creamy White Cheese Sauce White Macaroni Capri Mixed Vegetables	BLAND Turkey & Mushroom Lasagna w/White Sauce Zucchini	BLAND Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni	
ESR Beef, Tomato & Lentil Stew White Macaroni Green Beans	ESR Yogurt Herbed Chicken Breast Mild Green Sauce White Rice Peas & Carrots	ESR Pork Tempeh & Squash Stew Herbed White Rice Green Beans	ESR Baked Salmon Creamy White Cheese Sauce White Macaroni Capri Mixed Vegetables	ESR Turkey & Mushroom Lasagna w/White Sauce Parsley & Cilantro Herb Sauce Zucchini	ESR Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables Creamy Polenta w/Cheese Garden Mixed Vegetables	
CK3 Italian-Style Lentil Tofu Tomato & Vegetable Sauce White Macaroni Garden Mixed Vegetables	CK3 Turkey Patty White Rice Roasted Sweet Potatoes Basil & Cheese Sauce	CK3 Pork & White Bean Green Chili White Rice Capri Mixed Vegetables	CK3 Salmon Fish Cake Ginger & Orange Sauce White Rice Broccoli	CK3 Tempeh Cauliflower & Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgur	CK3 Tofu & Mushroom in Soy-Garlic Sauce Brown Rice Garden Mixed Vegetables	