



# AWD HDM DELIVERY MENU: NOVEMBER 2024

For Inquiries contact:  
Miguel Hurtado at 415-655-1361

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

## PROJECT OPEN HAND

### Lunch Menu

Kayla Kamen, Registered Dietitian at Project Open Hand

## November 2024

### Diabetes Awareness Month



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.

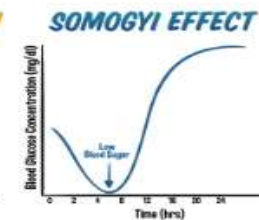
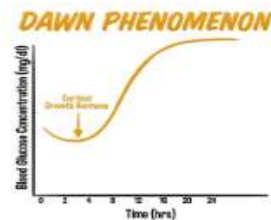
The key to managing diabetes is maintaining control over blood glucose. In addition to medication interventions, individuals with diabetes can manage their glucose through diet and lifestyle.

#### Start with these tips:

- 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
- Daily regular exercise

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.

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.



Want to learn more about managing your diabetes? Visit <https://diabetes.org/>