

AWD Vegetarian HDM Delivery Menu: NOVEMBER 2024

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

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

PROJECT OPEN HAND

Lunch Menu

November 2024

Kayla Kamen, Registered Dietitian at Project Open Hand

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.

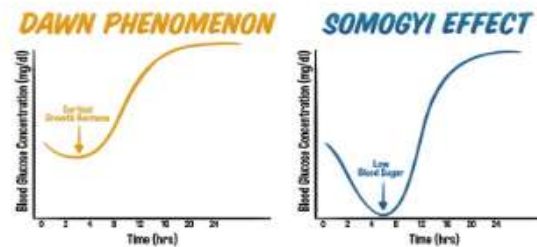
The key to managing diabetes is maintaining control over blood glucose. In addition to medication interventions, individuals with diabetes can manage their glucose through diet and lifestyle.

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/>