



AWD HDM DELIVERY MENU: SEPTEMBER 2024

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

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



PROJECT OPEN HAND

LUNCH Menu

Kristi Friesen, Registered Dietitian at Project Open Hand

September 2024

Food Safety Awareness Month

According to the CDC, 1 in 6 Americans get sick from eating contaminated food each year.



Anyone can get food poisoning, but certain groups are more likely to get sick and have a more serious illness. Older adults have a higher risk because as people age, their immune systems have a harder time fighting off infection.

How can you keep your food safe?

Clean by washing your hands for at least 20 seconds with hot water and soap before preparing foods, and before eating. Keep your counter tops and dishes clean after each use.

Separate raw meat and uncooked items from ready-to-eat foods, to reduce the risk of cross contamination of bacteria from something like raw chicken to cooked brown rice.

Cook your food to a high enough temperature to kill bacteria that may be present. Use a thermometer to make sure your food has reached a safe internal temperature.

Chill foods to keep bacteria from growing. Bacteria is able to grow quickly at room temperature, so keep fresh foods in the refrigerator to limit this risk.

At Project Open Hand meal sites, we take every precaution to keep food safe from contamination. Use these guidelines to help protect your food at home as well!

To learn more about food safety, visit www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling



Project Open Hand
meals with love