

# AWD Vegetarian HDM Delivery Menu: SEPTEMBER 2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



**Please Note:**  
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.

**1-Sep**  
**Split Pea, Tempeh & Cauliflower Patty**  
Creamy Basil Sauce  
Barley w/Mushrooms  
Capri Mixed Vegetables  
Olive Oil  
Milk Half Pints  
Orange

2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Creamy Tofu &amp; Mushroom Stew</b> Whole Wheat Rotini Broccoli Milk Half Pints Applesauce Cup	<b>Balsamic-Marinated Portabello</b> White Bean, Red Peppers & Quinoa, Edamame & Greens Olive Oil Milk Half Pints Applesauce Cup	<b>Curried Lentil &amp; Tempeh</b> Quinoa Broccoli Milk Half Pints Fruit Cup	<b>Seasoned Tempeh</b> Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Milk Half Pints Orange	<b>Barley Red Bean Burger</b> Parsley & Cilantro Sauce Brown Rice Broccoli Milk Half Pints Applesauce Cup	<b>Tempeh Cauliflower &amp; Pumpkin Puree w/ Vegetables</b> Whole Wheat Rotini Peas & Carrots Milk Half Pints Applesauce Cup	<b>Tomato Eggplant Garbanzo</b> Creamy Tomato Sauce Quinoa & Brown Rice Milk Half Pints Fruit Cup
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
<b>Tex-Mex Tempeh, Tofu, Beans &amp; Tomato Stew</b> Brown Rice Roasted Sweet Potatoes Milk Half Pints Applesauce Cup	<b>Whole Wheat Lasagna w/Roasted Peppers &amp; Mushroom</b> Stewed Tomatoes & Vegetable Medley Peas Milk Half Pints Fruit Cup	<b>Cumin-Spiced Tofu</b> Green Herb & Sesame Puree Whole Wheat Rotini Vegetable & Kidney Bean Saute Milk Half Pints Orange	<b>Turmeric-Spiced Tofu</b> Peas & Potatoes Ginger Curry Herbed Bulgur Milk Half Pints Applesauce Cup	<b>Black Bean Chili Patty</b> Mexican-style Red Pepper & Tomato Sauce Brown Rice Garden Mixed Vegetables Milk Half Pints Applesauce Cup	<b>Rustic Tofu Sweet Potato Hash</b> Red Pepper Sauce Barley Milk Half Pints Orange	<b>Balsamic-Marinated Portabello Mushroom</b> Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Roasted Root Vegetable Medley Milk Half Pints Orange
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
<b>Tempeh &amp; Vegetable Hash</b> Zesty Cilantro w/ Pumpkin Brown Rice Green Beans Milk Half Pints Applesauce Cup	<b>Whole Wheat Lasagana w/Mushroom &amp; Peppers</b> Italian-Style Tomato & Herb Carrots Milk Half Pints Fruit Cup	<b>Chili-Seasoned Tofu</b> Quinoa & Brown Rice Three Bean Hominy Hash Milk Half Pints Orange	<b>Sweet-Spicy Tempeh Sticks</b> Whole Wheat Rotini Stewed Artichoke Spinach & Milk Half Pints Applesauce Cup	<b>Tempeh Cauliflower &amp; Chickpea Patty</b> Tomato & Chipotle Chili Gravy Quinoa & Brown Rice Green Beans Milk Half Pints Fruit Cup	<b>Seasoned Tempeh</b> Tomato, Okra & Bean Stew Brown Rice Milk Half Pints Orange	<b>Balsamic &amp; Garlic Tempeh</b> Italian-Style Tomato, Peppers & Barley, Asparagus & Broccoli Green Beans Milk Half Pints Applesauce Cup
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
<b>Asian-Style Soy &amp; Sesame Black Bean Burger</b> Asian Soy & Sesame Sauce Brown Rice Broccoli Milk Half Pints Applesauce Cup	<b>Seasoned Tempeh</b> White Bean & Vegetables in Creamy Turmeric Sauce Quinoa & Brown Rice Carrots Milk Half Pints Orange	<b>Orange Tofu &amp; Edamame</b> Brown Rice Garden Mixed Vegetables Milk Half Pints Fruit Cup	<b>Artichoke Spinach &amp; Tomato Egg Casserole</b> Lentil, Tomato & Spinach Stew Whole Wheat Rotini Milk Half Pints Applesauce Cup	<b>Tempeh Black Bean Burrito Casserole</b> Broccoli Olive Oil Milk Half Pints Orange	<b>Tempeh Vegetables &amp; Bean Chili</b> Quinoa, Edamame & Greens Carrots Milk Half Pints Applesauce Cup	<b>Cajun Tofu w/Red Beans, Peppers &amp; Tomato Stew</b> Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans Milk Half Pints Fruit Cup
30-Sep	<b>Italian-Style Lentil Tofu Tomato &amp; Vegetable Sauce</b> 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](http://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling)

