



SAMPLE MENU



Heart Healthy

Low in salt and saturated fat and supports a range of health needs. This menu includes a variety of whole grains, vegetables, and protein sources, including poultry, beef, fish and vegetarian.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.</i>	Egg Salad Sandwich with Baby Carrots and fruit	Tater Tot Hotdish with Vegetable Medley and Fresh Fruit Cup	Beet and Arugula Salad with fruit	Lemon Herb Chicken with Barley Risotto and Peas	Sesame Edamame Noodles with Green Beans	Egg Salad Sandwich with Baby Carrots and fruit	Spaghetti with Meat Sauce and Vegetable Medley
Dinner	Chickpea Masala with Brown Rice and Edamame	Parmesan Fish with Cranberry Wild Rice Pilaf and Italian Vegetable Medley	Pot Roast with Gravy, Mashed Potatoes, Vegetable Medley and Cinnamon Applesauce	Chicken and Wild Rice Hotdish with Corn	Ground Beef Casserole with Carrots	Rosemary Chicken with Cranberry Wild Rice Pilaf, Vegetable Medley and Beets	Turkey Taco Bowl with Pico de Gallo and Santa Fe Vegetable Medley

12.27.23



SAMPLE MENU



East African

This menu includes dishes and flavors from a variety of cuisines throughout East Africa. It includes animal- and plant-based proteins, is low in salt, saturated fat, added sugars and is carbohydrate-controlled. This menu is heart healthy, diabetic friendly and supports a range of health needs.

<p>Fresh 7 family-style meal components Includes 5 servings of fruit and optional dessert</p>	<p>Chicken and Egg Stew</p>	<p>Stewed Beef with Collard Greens</p>	<p>Yellow Rice</p>	<p>Chickpea Flour Stew</p>	<p>Potatoes and Cabbage</p>	<p>Cabbage and Carrot Slaw</p>	<p>Tomato and Cucumber Salad</p>
<p>Frozen 7 single serving meals</p>	<p>Spaghetti with Spiced Pasta Sauce with Green Beans and Carrots</p>	<p>Coconut Roasted Chicken with Basmati Rice and Sautéed Kale with Tomatoes</p>	<p>Coconut Curry Chicken with Basmati Rice</p>	<p>Okra Stew with Berbere Sweet Potatoes</p>	<p>Cubed Beef and Vegetables with Yellow Rice</p>	<p>Fish Curry with Yellow Rice</p>	<p>Lentil and Spinach Stew with Stewed Beets and Potatoes</p>

09.05.24



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SAMPLE MENU



Flavor Neutral

This menu is for clients experiencing short term taste and/or smell changes due to medication or treatment for their medical condition. This menu is low in acid, spice, tart, and odorous foods. Please note: Open Arms does not offer a soft menu at this time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.</i>	Turkey and Swiss Sandwich with Carrot Raisin Salad and Applesauce	Chicken Alfredo Pasta with Carrots	Beef Stroganoff over Whole Wheat Egg Noodles with Cinnamon Applesauce and Carrots	Turkey and Swiss Sandwich with Carrot Raisin Salad and Diced Pears	Chicken Ramen with Peas and Carrots and Diced Peaches	Turkey Dumpling Stew with Spaetzle and Green Beans, and Applesauce	Baked Chicken with Polenta, Roasted Potatoes, and Peas
Dinner	Turkey and Mushroom Casserole with Green Beans	Baked Chicken with Buttered Egg Noodles and Carrots	Hamburger with Swiss Cheese, Mashed Potatoes and Green Beans	Chicken Cream Penne Pasta with Green Beans	Tater Tot Hotdish with Vegetable Blend	Chicken and Cheese Quesadilla with Rice and Carrots	Turkey and Root Vegetable Hash with Scrambled Eggs, Peas and Carrots

12.27.23



SAMPLE MENU



Gluten & Dairy Friendly

This menu is for clients who avoid gluten and dairy in their diets due to allergies or intolerances. Please note: Open Arms is not an allergen-free facility.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <small>Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.</small>	Italian Turkey Sandwich on Gluten Free Bread with Marinated Vegetable Salad and fruit	Coconut Curry Fish with Rice and Peas	Gluten Free Sesame Edamame Noodles with Green Beans and fresh fruit cup	Italian Turkey Sandwich on Gluten Free Bread with Marinated Vegetable Salad and fruit	Herb Chicken with Brown Rice Pilaf, Peas and fresh fruit cup	Beet and Arugula Salad with fruit	Gluten Free Spaghetti with Meat Sauce, with Vegetable Medley
Dinner	Turkey Taco Bowl with Pico de Gallo, and Santa Fe Vegetable Medley	Baked Chicken with Polenta, Peas, and Mashed Sweet Potatoes	Chickpea Masala with Brown Rice and Edamame	Braised Beef with Polenta and Peas	Jerked Jackfruit with Brown Rice and Green Beans	Rosemary Chicken with Cranberry Wild Rice Pilaf, Vegetable Medley and Beets	Squash Casserole with Quinoa and Peas

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SAMPLE MENU



Hmong

This menu includes only Hmong cuisine specific meals. It is sodium, carbohydrate, and potassium controlled and supports a range of health needs. It is dairy free* and features a variety of proteins like pork, chicken, fish, beef, and tofu.

**Please note: Open Arms is not an allergen-free facility.*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>Includes optional 4 servings of dessert such as cookies or sweet bread.*</i>	Green Curry Noodles with Wild Mushrooms and Tofu Roasted Sweet Potatoes	Sweet Chili Chicken Wings, White Rice with Vegetables and Roasted Eggplant and Fresh Fruit	Pork Meatball and Tofu Soup Purple Rice an Green Onion and Cilantro	Spicy Beef with Cabbage and Tomatoes White Rice and Steamed Green Beans and Fruit Cup	Pork Larb Sweet Rice Noodles and Fresh Fruit	Pork Belly and Mushroom Fried Rice Sweet and Sour Cabbage	Sour Bamboo Soup Purple Rice and Green Onion and Cilantro, and Fruit Cup
Dinner	Chicken Congee with Sauteed Collard Greens	Yellow Curry Fish with Spinach White Rice and Steamed Green Beans	Tofu with Vegetables White Rice and Eggplant Pepper Mash	Pork Stir Fry Zucchini and Tomatoes with White Rice and Sweet and Sour Cabbage	Cucumber and Bitter Melon Stir Fry with Chicken White Rice and Sauteed Yellow Squash	Shredded Beef with Bamboo and Snap Peas White Rice and Spicy Garlic Sauteed Green Beans	Pork and Cabbage Stir Fry White Rice and Sauteed Zucchini

**Please note: Optional desserts may include dairy.*

01.31.24



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SAMPLE MENU



Kidney Friendly / Renal

The renal menu is tailored to clients on hemodialysis. These meals are high in protein and contain low to moderate amounts of potassium and sodium and contain little or no phosphate additives.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.</i>	Egg Salad Sandwich with Baby Carrots and fruit	Tater Tot Hotdish with Vegetable Medley and Fresh Fruit Cup	Beet and Arugula Salad with fruit	Lemon Herb Chicken with Barley Risotto and Peas	Sesame Edamame Noodles with Green Beans	Egg Salad Sandwich with Baby Carrots and fruit	Spaghetti with Meat Sauce and Vegetable Medley
Dinner	Beef Meatballs in Gravy over Whole Wheat Egg Noodles with Green Beans	Baked Pesto Fish with Cranberry Wild Rice Pilaf and Peas	Pot Roast with Gravy, Mashed Potatoes, Vegetable Medley and Cinnamon Applesauce	Chicken and Wild Rice Hotdish with Corn	Ground Beef Casserole with Carrots	Rosemary Chicken with Cranberry Wild Rice Pilaf, Vegetable Medley and Beets	Turkey Taco Bowl with Pico de Gallo and Santa Fe Vegetable Medley

12.27.23



SAMPLE MENU



Puree

The Puree menu is for clients who have trouble chewing or swallowing. This menu is low in salt and saturated fats and supports a range of health needs.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>*Lunch includes 4 servings of dessert, such as chocolate chip cookies</i>	Chicken Stew with Grits and Green Beans	Turkey Mushroom Casserole with Penne Pasta and Green Beans	Beef Sloppy Joe with Mashed Sweet Potatoes and Broccoli	Chicken Lasagna with Green Beans	Vegetarian Shepherd's Pie with Mashed Potatoes, Cinnamon Apples and Vegetable Medley	Beef Meatballs and Gravy with Whole Wheat Egg Noodles and Carrots	Chicken and Spinach with Penne Pasta and Mashed Butternut Squash
Dinner	Beef Stew with Polenta and Vegetable Medley	Braised Beef with Polenta, Peas and Cinnamon Apples	Turkey and Dumpling Stew with Spaetzle and Green Beans	Pot Roast and Gravy with Mashed Potatoes, Cinnamon Apples and Vegetable Medley	Ground Beef Casserole with Whole Wheat Egg Noodles and Carrots	Chicken Alfredo with Penne Pasta and Carrots	Chili Macaroni Casserole with Elbow Pasta, Cheddar Cheese and Corn

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SAMPLE MENU



Vegetarian

The vegetarian menu is for those who do not eat meat, poultry or fish. This menu features a variety of plant-based proteins such as tofu, tempeh, beans, and lentils. Please note: Meals on this menu may contain dairy and/or eggs.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lunch <i>Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.</i>	Tomato and Mozzarella Sandwich with Marinated Vegetable Salad and fruit	Primavera Casserole with Edamame and Fresh Fruit Cup	Beet and Arugula Salad with fruit	Lemon Herb Tofu with Barley Risotto and Peas	Sesame Edamame Noodles with Green Beans	Egg Salad Sandwich with Baby Carrots and fruit	Coconut Curry Tofu with Rice and Peas
Dinner	Vegetarian Shepherd's Pie with Cinnamon Apples and Vegetable Medley	Lentil Taco Bowl with Pico de Gallo and Santa Fe Vegetable Medley	Jerked Jackfruit with Brown Rice and Green Beans	Lentil Bolognese with Whole Wheat Pasta and Vegetable Medley	Vegetarian Lasagna with Peas	Chickpea Masala with Brown Rice and Edamame	Ratatouille with Polenta and Peas

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