



Healthy Balance Open Hand Menu Spring / Summer 2012

Please note: Meals (Lunch & Dinner) are approximately 550-600 calories without milk

	Week 1 Apr 2, May 7, Jun 11, Jul 16, Aug 20 Sep 24	Week 2 Apr 9, May 14, Jun 18, Jul 23, Aug 27	Week 3 Apr 16, May 21, Jun 25, Jul 30 Sep 3	Week 4 Apr 23, May 28, Jul 2, Aug 6, Sep 10	Week 5 Apr 20, Jun 4, Jul 9, Aug 13, Sep 17
Monday	<p>L: Salmon Hash with Lemon Cream Sauce, Green Beans, Orange, Margarine, Milk</p> <p>D: Beef Sloppy Joe, Cauliflower with Cheddar Sauce, Vanilla Pudding, Milk</p>	<p>L: Orange Mustard Pollock, Asparagus Risotto, Sugar Snap Peas, Chocolate Chip Cookie, Milk</p> <p>D: Honey Mustard Chicken, Carrot & Parsnip Coins, Creamed Collards, Whole Wheat Dinner Roll, Margarine, Peaches in Crème Parfait, Milk</p>	<p>L: Chile Lime Pollock, Anasazi Beans, Creamed Spinach, Peach Crisp, Milk</p> <p>D: Oven Fried Chicken, Collard Greens, Baked Beans, Cornbread, Margarine, Milk</p>	<p>L: Pecan Pollock, Black-Eyed Peas, Green Beans, Cornbread, Margarine, Milk</p> <p>D: Peach Dijon Chicken Breast, Lima Beans, Mashed Sweet Potatoes, Margarine, Oatmeal Raisin Cookie, Milk</p>	<p>L: Beef Stir-Fry over Seasoned Brown Rice, Sugar Snap Peas, Chocolate Chip Cookie, Milk</p> <p>D: Ginger Glazed Fish, Mashed Sweet Potatoes, Sugar Snap Peas, Peanut Banana Oatmeal Bar, Milk</p>
Tuesday	<p>L: Chicken Gumbo, Butter Grits, Green Peas, Apple, Milk</p> <p>D: Roasted Turkey Breast, Squash Casserole, Spinach, Baked Apples, Margarine, Milk</p>	<p>L: Pesto Chicken, Cheesy Polenta, Mustard Greens, Whole Wheat Roll, Margarine, Milk</p> <p>D: Beef Chili with Beans, Green Beans, Cornbread, Margarine, Orange, Milk</p>	<p>L: BBQ Jerk Chicken, Black-Eyed Peas, Seasoned White Rice, Cabbage, Margarine, Milk</p> <p>D: Beef Stroganoff, Egg Noodles, Broccoli, Oatmeal Raisin Cookie, Milk</p>	<p>L: Roasted Turkey Breast, Apple Sage Cream Sauce, Parsley Potatoes, Spinach, Margarine, Orange, Milk</p> <p>D: Hamburger with Ketchup and Mustard, Green Peas, Baked Apples, Milk</p>	<p>L: Seasoned Baked Chicken Breast with Mushroom Masala over Seasoned White Rice, Green Peas, Whole Wheat Roll, Margarine, Milk</p> <p>D: Seasoned Baked Chicken Breast with Coq Au Vin Sauce over Egg Noodles, Sugar Snap Peas, Chocolate Pudding, Milk</p>
Wednesday	<p>L: Black Turtle Bean Soup, Cheddar Cheese, Corny Cornbread, Margarine, Milk</p> <p>D: Herb Crumb Fish, Orzo Salad, Red Cabbage and Apples, Milk</p>	<p>L: Beef Meatloaf, Beef Gravy, Mashed Potatoes, Green Peas, Whole Wheat Roll, Milk</p> <p>D: Lemon Grass Chicken, Corn, Broccoli, Blueberry Bread, Milk</p>	<p>L: Low Sodium Italian Beef Meatballs with Marinara Sauce over Spaghetti Noodles, Lemon Parsley Carrots, Orange, Milk</p> <p>D: Chicken Jambalaya with White Rice, Squash Casserole, Milk</p>	<p>L: Seasoned Baked Chicken Breast, Santa Fe Topping, Spanish Brown Rice, Squash Medley, Whole Wheat Roll, Margarine, Orange, Milk</p> <p>D: Barbeque Pork Chop, Creamed Corn, Braised Cabbage with Apples, Peach Crisp, Milk</p>	<p>L: Chile Lime Chicken, Black Beans and Corn, Spanish White Rice, Squash, Peaches in Crème Parfait, Milk</p> <p>D: Beef Stew, Polenta, Squash, Orange, Milk</p>

	Week 1	Week 2	Week 3	Week 4	Week 5
Thursday	<p>L: Chicken and White Bean Puttanesca, Cheesy Polenta, Asparagus, Oatmeal Raisin Cookie, Milk</p> <p>D: Shepherd's Pie, Sugar Snap Peas, Orange, Milk</p>	<p>L: Roasted Turkey Breast, Wild Rice and Apple Pilaf, Ginger Glazed Carrots, Baked Apples, Milk</p> <p>D: Baked Fish with Tomatoes over Seasoned White Rice, Cheesy Brussels Sprouts, Orange, Milk</p>	<p>L: Seasoned Baked Chicken Breast, Pomegranate Rice, Green Peas, White Roll, Margarine, Milk</p> <p>D: Lemon Pepper Fish, Creamed Corn, Sugar Snap Peas, Whole Wheat Roll, Margarine, Milk</p>	<p>L: Seasoned Baked Chicken Breast with Piccata Sauce over Spaghetti Noodles, Brussels Sprouts, Margarine, Milk</p> <p>D: Greek Fish, Orzo Salad, Cranberry Beans, Sugar Snap Peas, Milk</p>	<p>L: Parmesan Pollock, Tuscan Beans, Asparagus, Whole Wheat Roll, Margarine, Milk</p> <p>D: Barbeque Chicken, Green Beans, Potato Salad, Peach Crisp, Milk</p>
Friday	<p>L: Beef Pot Roast, Beef Gravy, Mashed Potatoes, Broccoli, Whole Wheat Roll, Milk</p> <p>D: Moroccan Chicken Breast, Corn, Lentils and Zucchini, Pickled Peaches, Margarine, Milk</p>	<p>L: Spinach and Ricotta Bake, Seasoned White Rice, Carrot and Parsnip Coins, Walnut Bread, Milk</p> <p>D: Barbeque Chicken Sandwich, Braised Cabbage with Apples, Sugar Cookies, Milk</p>	<p>L: Brunswick Stew, Cornbread, Milk</p> <p>D: Honey Lemon Chicken, Macaroni and Cheese, Asparagus, Pickled Peaches, Whole Wheat Roll, Milk</p>	<p>L: Shredded Beef and Rice, Green Beans, Chocolate Chip Cookie, Milk</p> <p>D: Seasoned Baked Chicken with Mustard Sauce, Pinto Beans, Collard Greens, Southwest Cornbread*, Milk</p>	<p>L: Seasoned Baked Chicken Breast, Florentine Sauce, Spinach Fettuccine, Broccoli, Milk</p> <p>D: Roasted Turkey Breast over Wild Rice and Apple Pilaf, Green Peas, Margarine, Apple, Milk</p>
Saturday	<p>L: Seasoned Baked Chicken Breast, Teriyaki Vegetables, Seasoned White Rice, Sugar Cookie, Milk</p> <p>D: Cheese Ravioli with Beef Bolognese, Brussels Sprouts, Orange, Milk</p>	<p>L: Chicken Stew, Green Beans, Whole Wheat Roll, Margarine, Milk</p> <p>D: Beef Burgundy over Egg Noodles, Asparagus, Margarine, Chocolate Pudding, Milk</p>	<p>L: Seasoned Baked Chicken Breast, Seasoned White Rice, Broccoli Cheddar Sauce, Ginger Glazed Carrots, Sugar Cookie, Milk</p> <p>D: Roasted Turkey Breast, Lentil Stuffing, Cranberry Sauce,</p>	<p>L: Lemon Grass Chicken, Edamame Risotto, Ginger Glazed Carrots, Peaches in Crème Parfait, Milk</p> <p>D: Beef Bourguignon over Seasoned Brown Rice, Butternut Squash and Apple Soup, Milk</p>	<p>L: White Bean Chicken Chili, Southwest Cornbread, Margarine, Milk</p> <p>D: Chicken Provençal, Mushroom Risotto, Pickled Beets, Whole Wheat Roll, Margarine, Milk</p>
Sunday	<p>L: Baked Green Bell Pepper Half, Lentil Stuffing, Tomato with Basil Spaghetti Sauce, Sweet Potatoes, Mini Whole Wheat Apple Cinnamon Loaf, Milk</p> <p>D: Pepper Steak over Seasoned White Rice, Carrot Cake, Milk</p>	<p>L: Boneless Pork Chop, Pineapple Chutney, Mashed Sweet Potatoes, Sugar Snap Peas, Whole Wheat Roll, Margarine, Milk</p> <p>D: Sweet and Sour Chicken with Vegetables, White Rice, Sugar Cookie, Milk</p>	<p>L: Kale, Cannellini and Chicken Sausage Soup, Corny Cornbread, Margarine, Milk</p> <p>D: Peanut Glazed Chicken, Seasoned White Rice, Sugar Snap Peas, Margarine, Apple, Milk</p>	<p>L: Beef and Barley Stew, Whole Wheat Roll, Margarine, Orange, Milk</p> <p>D: Roasted Turkey Breast with Red Plum Sauce, Mashed Potatoes, Mustard Greens, Cherry Clafoutis, Milk</p>	<p>L: Greek Oven Fried Chicken Breast, Orzo Salad, Creamed Spinach, Apple, Milk</p> <p>D: Osso Bucco, Seasoned Brown Rice, Green Beans, Whole Wheat Roll, Margarine, Milk</p>

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MEAL TYPE	CHARACTERISTICS	CLIENT
Healthy Balance	<ul style="list-style-type: none"> - <750mg sodium. - <30% of calories from fat (<10% calories from saturated fat). - 50-55% calories from carbohydrate. - 550-600 calories per meal, 650-700 calories with milk. - Milk choices are skim, 2% and buttermilk. - Combination of previous Diabetic, Low Fat, Modified, Regular, Low Sodium and 2g Sodium. - Emphasis on whole-grains 	<ul style="list-style-type: none"> - Type I and II diabetes. - Heart disease (e.g. high cholesterol). - High blood pressure. - Weight management. - Any client who needs a healthy meal plan. - Any client who has limited Activities of Daily Living (ADL , unable to cook or purchase groceries). - Senior clients receive milk with meals, buttermilk for lactose intolerance.
Renal/ Dialysis	<ul style="list-style-type: none"> - <660mg of sodium, potassium and phosphorus. - Protein averages 30 grams per meal. 	<ul style="list-style-type: none"> - Clients with earlier stages of kidney disease (CKD 1-3). - Clients with end stage kidney disease and requiring dialysis (CKD 4-5).
Mechanical Soft	<ul style="list-style-type: none"> - Is NOT the Healthy Balance Meal chopped up into smaller pieces. - Is softer, less acidic and less spicy than the Healthy Balanced Meal. 	<ul style="list-style-type: none"> - Oral thrush and ulceration. - Radiation to head, neck or chest. - Missing teeth or ill-fitting dentures.

<p>Vegetarian</p>	<ul style="list-style-type: none"> - <750mg sodium. - <30% calories from fat (<10% calories from saturated fat). - 55% calories from carbohydrate. - 550-600 calories per meal, 650-700 calories with milk. - No pork, red meat, fish, chicken or other animal meat products. - Is NOT vegan, has some dairy and egg products. - Some meals contain soy-based products. 	<ul style="list-style-type: none"> - This meal is used as a meal substitute for clients who avoid pork or red meat for religious/ other reasons (e.g. Jewish, Hindu). - Also used for fish substitution (fish allergies, preferences). - Not for clients with milk, egg or soy allergies.
<p>Ensure, 8 fl oz</p>	<ul style="list-style-type: none"> - <200 mg sodium, <400mg potassium. - <10% calories from fat (<5% calories from saturated fat). - <15% calories from carbohydrate, average 3 grams fiber. - Contains milk and soy-based ingredients. 	<ul style="list-style-type: none"> - Can be used as a meal substitute (2 Ensure provided) if clients lack the appetite to eat a meal. - Can be provided in addition to meals for Ryan White clients who have lost weight.