



# SAMPLE MENU



## Heart Healthy

The standard heart-healthy menu is low in salt and saturated fats, and supports a range of health needs. It features animal proteins such as turkey, beef, chicken and fish.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Lunch</b> <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i>	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Grapes	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Grapes	<b>Spinach &amp; Arugula Salad</b> with Quinoa and Honey Mustard Dressing and a Pear	<b>Whole Wheat Spaghetti</b> with Meat Sauce, Broccoli and an Apple	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend, and Diced Beets	<b>Sweet and Sour Chicken</b> with Fried Brown Rice, Green Beans and Half a Pear	<b>Parmesan Crusted Fish</b> with Brown and Wild Rice Pilaf, California Vegetable Blend, and Half a Pear
<b>Dinner</b>	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend, and Diced Beets	<b>Squash Casserole</b> with Quinoa, Warm Cinnamon Apples, and Peas	<b>Turkey Taco Bowl</b> with Pico de Gallo, Brown Rice and Corn	<b>Parmesan Crusted Fish</b> with Brown and Wild Rice Pilaf, California Vegetable Blend,	<b>Beef Chili</b> with Roasted Potatoes and Brussels Sprouts	<b>Sweet and Sour Chicken</b> with Fried Brown Rice and Green Beans	<b>Whole Wheat Spaghetti</b> with Meat Sauce and Broccoli





# SAMPLE MENU



## Kidney Friendly / Renal

The kidney-friendly menu is tailored to clients on hemodialysis. These meals are high in protein and contain low/moderate amounts of potassium, phosphorus, and sodium.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Lunch</b> <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i>	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Grapes	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Grapes	<b>Spinach &amp; Arugula Salad</b> with Quinoa and Honey Mustard Dressing and a Pear	<b>Chicken and Asparagus Feta Pasta</b> with Penne Pasta, Peas and an Apple	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets	<b>Sweet and Sour Chicken</b> with Fried Brown Rice, Green Beans and Half a Pear	<b>Parmesan Crusted Fish</b> with White Rice Pilaf, California Vegetable Blend and Half a Pear
<b>Dinner</b>	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets	<b>Beef Stroganoff</b> with Whole Wheat Egg Noodles, Warm Cinnamon Apples and Green Beans	<b>Turkey Taco Bowl</b> with Brown Rice and Corn	<b>Pot Roast with Gravy</b> with Stuffing and Green Beans	<b>Parmesan Crusted Fish</b> with White Rice Pilaf and California Vegetable Blend	<b>Sweet and Sour Chicken</b> with Fried Brown Rice and Green Beans	<b>Chicken and Asparagus Feta Pasta</b> with Penne Pasta and Peas



Questions about a menu? Contact Nutrition Services at 612-677-2569 or [nutrition@openarmsmn.org](mailto:nutrition@openarmsmn.org)  
Looking to switch menus? Contact Client Services at 612-767-7333 or [meals@openarmsmn.org](mailto:meals@openarmsmn.org)





# SAMPLE MENU



## Flavor Neutral

This menu is for clients experiencing taste changes.  
The meals are low in spice and acid.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Lunch</b> <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i>	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Applesauce	<b>Turkey and Cheddar Sandwich</b> on Wheat Bread with Coleslaw and Applesauce	<b>Turkey and Mushroom Casserole</b> with Whole Wheat Egg Noodles, Green Beans, and Pear Cup	<b>Chicken and Alfredo Spaghetti</b> with Diced Carrots and Pear Cup	<b>Chicken Stir Fry</b> with White Rice and Peas	<b>Turkey and Mushroom Egg Bake</b> with Applesauce	<b>Beef Meatballs with Gravy</b> with Whole Wheat Egg Noodles, Diced Carrots and Peach Cup
<b>Dinner</b>	<b>Chicken and Alfredo Spaghetti</b> with Diced Carrots	<b>Turkey and Mushroom Casserole</b> with Whole Wheat Egg Noodles and Green Beans	<b>Braised Beef</b> with Grits, Warm Cinnamon Pears and Peas	<b>Chicken Lasagna</b> with Green Beans	<b>Beef Meatballs with Gravy</b> with Whole Wheat Egg Noodles and Diced Carrots	<b>Chicken Stir Fry</b> with White Rice and Peas	<b>Turkey and Mushroom Egg Bake</b> with Applesauce





# SAMPLE MENU



## Vegetarian

The vegetarian menu is for those who do not eat meat, poultry, or fish. Some items may contain dairy or eggs.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Lunch</b> <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i>	Baked Tofu Wrap with Whole Wheat Tortilla , Coleslaw and Grapes	Baked Tofu Wrap with Whole Wheat Tortilla , Coleslaw and Grapes	Spinach & Arugula Salad with Quinoa and Honey Mustard Dressing and a Pear	Tempeh Parma Rosa with Whole Wheat Penne, Broccoli and an Apple	Squash Casserole with Quinoa, Warm Cinnamon Apples and Peas	Tofu and Vegetable Sweet and Sour with Fried Brown Rice, Green Beans and Half a Pear	Jerk Jackfruit with Pinto Beans and White Rice, Collard Greens and Tomatoes and Half a Pear
<b>Dinner</b>	Black Bean Enchilada Bake with Spanish Brown Rice and Corn and Peppers	Squash Casserole with Quinoa, Warm Cinnamon Apples and Peas	Chickpea Masala with Brown Rice and Edamame	Jerk Jackfruit with Pinto Beans and White Rice, Collard Greens and Tomatoes	Sweet Potato and Bean Chili with Roasted Potatoes and Brussels Sprouts	Tofu and Vegetable Sweet and Sour with Fried Brown Rice and Green Beans	Tempeh Parma Rosa with Whole Wheat Penne and Broccoli





# 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
<b>Lunch</b> <i>*Lunch includes 4 servings of dessert; such as almond butter cookies</i>	<b>Turkey Sandwich</b> on Gluten Free Bread with Coleslaw and Grapes	<b>Turkey Sandwich</b> on Gluten & Dairy Gluten Free Bread with Coleslaw and Grapes	<b>Spinach &amp; Arugula Salad</b> with Quinoa and Honey Mustard Dressing and a Pear	<b>Chicken Stir Fry</b> with White Rice, Peas and an Apple	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets	<b>Gluten Free Spaghetti</b> with Beef Meat Sauce, Broccoli and Half a Pear	<b>Fish Taco Bowl</b> with Pico de Gallo Brown Rice, Corn and Half a Pear
<b>Dinner</b>	<b>Rosemary Chicken</b> with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets	<b>Squash Casserole</b> with Quinoa, Warm Cinnamon Apples and Peas	<b>Jerk Chicken</b> with Black Beans and Brown Rice, Roasted Sweet Potatoes and Green Beans	<b>Fish Taco Bowl</b> with Pico de Gallo, Brown Rice and Corn	<b>Pot Roast with Gravy</b> with Roasted Potatoes and Vegetable Medley Blend	<b>Chicken Stir Fry</b> with White Rice and Peas	<b>Gluten Free Spaghetti</b> with Beef Meat Sauce and Broccoli