



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 |
|--|--|---|---|---|--|---|---|
| Lunch <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i> | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Grapes | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Grapes | Spinach & Arugula Salad with Quinoa and Honey Mustard Dressing and a Pear | Whole Wheat Spaghetti with Meat Sauce, Broccoli and an Apple | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend, and Diced Beets | Sweet and Sour Chicken with Fried Brown Rice, Green Beans and Half a Pear | Parmesan Crusted Fish with Brown and Wild Rice Pilaf, California Vegetable Blend, and Half a Pear |
| Dinner | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend, and Diced Beets | Squash Casserole with Quinoa, Warm Cinnamon Apples, and Peas | Turkey Taco Bowl with Pico de Gallo, Brown Rice and Corn | Parmesan Crusted Fish with Brown and Wild Rice Pilaf, California Vegetable Blend, | Beef Chili with Roasted Potatoes and Brussels Sprouts | Sweet and Sour Chicken with Fried Brown Rice and Green Beans | Whole Wheat Spaghetti 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 |
|--|---|--|---|--|---|---|---|
| Lunch <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i> | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Grapes | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Grapes | Spinach & Arugula Salad with Quinoa and Honey Mustard Dressing and a Pear | Chicken and Asparagus Feta Pasta with Penne Pasta, Peas and an Apple | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets | Sweet and Sour Chicken with Fried Brown Rice, Green Beans and Half a Pear | Parmesan Crusted Fish with White Rice Pilaf, California Vegetable Blend and Half a Pear |
| Dinner | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets | Beef Stroganoff with Whole Wheat Egg Noodles, Warm Cinnamon Apples and Green Beans | Turkey Taco Bowl with Brown Rice and Corn | Pot Roast with Gravy with Stuffing and Green Beans | Parmesan Crusted Fish with White Rice Pilaf and California Vegetable Blend | Sweet and Sour Chicken with Fried Brown Rice and Green Beans | Chicken and Asparagus Feta Pasta with Penne Pasta and Peas |



Questions about a menu? Contact Nutrition Services at 612-677-2569 or nutrition@openarmsmn.org
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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 |
|--|---|--|---|---|--|--|---|
| Lunch <i>*Lunch includes 4 servings of dessert; such as chocolate chip cookies</i> | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Applesauce | Turkey and Cheddar Sandwich on Wheat Bread with Coleslaw and Applesauce | Turkey and Mushroom Casserole with Whole Wheat Egg Noodles, Green Beans, and Pear Cup | Chicken and Alfredo Spaghetti with Diced Carrots and Pear Cup | Chicken Stir Fry with White Rice and Peas | Turkey and Mushroom Egg Bake with Applesauce | Beef Meatballs with Gravy with Whole Wheat Egg Noodles, Diced Carrots and Peach Cup |
| Dinner | Chicken and Alfredo Spaghetti with Diced Carrots | Turkey and Mushroom Casserole with Whole Wheat Egg Noodles and Green Beans | Braised Beef with Grits, Warm Cinnamon Pears and Peas | Chicken Lasagna with Green Beans | Beef Meatballs with Gravy with Whole Wheat Egg Noodles and Diced Carrots | Chicken Stir Fry with White Rice and Peas | Turkey and Mushroom Egg Bake 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 |
|--|---|--|--|--|---|---|--|
| Lunch <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 |
| Dinner | 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 |
|---|---|--|--|--|---|--|--|
| Lunch <i>*Lunch includes 4 servings of dessert; such as almond butter cookies</i> | Turkey Sandwich on Gluten Free Bread with Coleslaw and Grapes | Turkey Sandwich on Gluten & Dairy Gluten Free Bread with Coleslaw and Grapes | Spinach & Arugula Salad with Quinoa and Honey Mustard Dressing and a Pear | Chicken Stir Fry with White Rice, Peas and an Apple | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets | Gluten Free Spaghetti with Beef Meat Sauce, Broccoli and Half a Pear | Fish Taco Bowl with Pico de Gallo Brown Rice, Corn and Half a Pear |
| Dinner | Rosemary Chicken with Brown Rice Pilaf, Italian Vegetable Blend and Diced Beets | Squash Casserole with Quinoa, Warm Cinnamon Apples and Peas | Jerk Chicken with Black Beans and Brown Rice, Roasted Sweet Potatoes and Green Beans | Fish Taco Bowl with Pico de Gallo, Brown Rice and Corn | Pot Roast with Gravy with Roasted Potatoes and Vegetable Medley Blend | Chicken Stir Fry with White Rice and Peas | Gluten Free Spaghetti with Beef Meat Sauce and Broccoli |



SAMPLE MENU



Hmong

This menu includes only Hmong cuisine specific meals, is salt, carbohydrate, and potassium controlled and supports a range of health needs. It is without dairy and features a variety of proteins such as Pork, Chicken, Fish, Beef, and Tofu.

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|--|---|--|---|--|--|
| Green Curry Noodles with Wild Mushrooms and Tofu with Roasted Sweet Potatoes | Sweet Chili Chicken Wings with White Rice with Vegetables and Roasted Eggplant | Pork Meatball and Tofu Soup with Purple Rice and Green Onion and Cilantro | Spicy Beef with Cabbage and Tomatoes with White Rice and Steamed Green Beans | Pork Larb with Sweet Rice Noodles | Pork Belly and Mushroom Fried Rice with Sweet and Sour Cabbage | Sour Bamboo Soup with Purple Rice and Green Onion and Cilantro |
| Chicken Congee with Sauteed Collard Greens | Yellow Curry Fish with Spinach with White Rice and Steamed Green Beans | Tofu with Vegetables with 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 with White Rice and Sauteed Yellow Squash | Shredded Beef with Bamboo and Snap Peas with White Rice and Spicy Garlic Sauteed Green Beans | Pork and Cabbage Stir Fry with White Rice and Sauteed Zucchini |



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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 |