

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.



Fresh 7 family-style meal components. Includes 5 servings of fruit and optional dessert

Chicken and Egg
Stew

Stewed Beef with
Collard Greens

Yellow Rice

Chickpea Flour
Stew

Potatoes and
Cabbage

Cabbage and
Carrot Slaw

Tomato and
Cucumber Salad

Frozen 7 single-serving meals.

Spaghetti with
Spiced Pasta Sauce
with Green Beans
and Carrots

Coconut Roasted
Chicken with
Basmati Rice and
Sautéed Kale with
Tomatoes

Coconut Curry
Chicken with
Basmati Rice

Okra Stew with
Berbere Sweet
Potatoes

Cubed Beef and
Vegetables with
Yellow Rice

Fish Curry with
Yellow Rice

Lentil and Spinach
Stew with Stewed
Beets and Potatoes

09.11.25

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.



Lunch

Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.

Entree 1	Entree 2	Entree 3	Entree 4	Entree 5	Entree 6	Entree 7
Egg Salad Sandwich with Coleslaw and a Fresh Apple	Lentil Sloppy Joe with Mashed Sweet Potatoes, Corn, Carrots, Green Beans and Peas	Quinoa Salad Bowl with Avocado Lime Dressing, and an Applesauce Cup	Chickpea Shakshuka with Orzo Pasta, Feta Cheese, Cauliflower, Lima Bean, Carrots and Green Beans	Vegetable Curry with Brown Rice, Edamame, and a Fresh Apple	Egg Salad Sandwich with Coleslaw and a Banana	Tofu Stir Fry with Brown Rice, Green Beans and a Banana

Dinner

Entree 1	Entree 2	Entree 3	Entree 4	Entree 5	Entree 6	Entree 7
Chickpea Masala with Brown Rice and a Side of Mixed Vegetables	Bean and Squash Casserole with Herbed Quinoa, and Edamame	Sweet and Sour Tofu with Brown Rice and a Side of Mixed Vegetables	Ratatouille with Polenta and Peas	Vegetable Egg Bake with Roasted Potatoes and Cinnamon Applesauce	Lentil Taco Bowl with Brown Rice, Corn, and Peppers	Vegetarian Lasagna with Peas

09.11.25

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.



Lunch

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chicken Stew with Grits and Green Beans	Turkey Mushroom Casserole with Penne Pasta and Mashed Butternut Squash	Beef Sloppy Joe with Mashed Sweet Potatoes and Broccoli	Creamy Chicken and Broccoli with Whole Wheat Egg Noodles, Corn, Carrots, and Green Beans	Red Lentil Stew with Grits and Peas	Beef Chili with Peas	Chicken Alfredo with Whole Wheat Pasta, and Carrots

Dinner

Entree 1	Entree 2	Entree 3	Entree 4	Entree 5	Entree 6	Entree 7
Beef Shepherd's Pie with Mashed Potatoes and Warm Pear Puree	White Bean Pasta Primavera with Peas and Carrots	Turkey Tetrazzini with Whole Wheat Egg Noodles and Peas	Salisbury Steak with Whole Wheat Egg Noodles, Peas and Carrots	Turkey Hotdish with Mashed Potatoes, Peas, Carrots, Green Beans, Lima Beans, and Corn	Chicken Pot Pie Stew with Warm Cinnamon Applesauce	Chicken Noodle Casserole with Green Beans, Zucchini, and Carrots

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SAMPLE MENU

Kidney Friendly / Renal



The Renal menu is tailored for clients with end stage kidney disease and/or who are undergoing hemodialysis treatment.



Lunch

Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.

Entree 1

Curried Chicken Salad Wrap with 3 Bean Salad and a Fresh Apple

Entree 2

Tater Tot Hotdish with a Side of Mixed Vegetables and Applesauce

Entree 3

Quinoa Salad Bowl with Avocado Lime Dressing

Entree 4

Herb Braised Chicken with Wild Rice & Cranberry Pilaf, and Peas

Entree 5

Sesame Edamame Noodles with Peas and a Fresh Pear

Entree 6

Curried Chicken Salad Wrap with 3 Bean Salad and a Fresh Apple

Entree 7

Spaghetti with Meat Sauce and a Side of Mixed Vegetables, with a Fresh Pear

Dinner

Entree 1

Ground Beef Stroganoff with Whole Wheat Egg Noodles, Peas, and Carrots

Entree 2

Fish Taco Bowl with Cilantro Lime Rice, and Corn

Entree 3

Meatloaf with Polenta, Beef Gravy, and Peas

Entree 4

Chickpea Shakshuka with Orzo, Feta Cheese, Cauliflower, Carrots, Green Beans and Zucchini

Entree 5

Three Cheese Pasta with Turkey Meat Sauce, Green Beans, Carrots, and Zucchini

Entree 6

Chicken Stir Fry with Brown Rice and Peas

Entree 7

BBQ Chicken with Brown Rice, Fajita Vegetables and Corn

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.



Lunch Lunch includes the option of adding 4 servings of dessert, such as cookies or sweet bread. *Optional desserts may include dairy.

Entree 1	Entree 2	Entree 3	Entree 4	Entree 5	Entree 6	Entree 7
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 with Purple Rice and Green Onion and Cilantro	Spicy Beef with Cabbage and Tomatoes with White Rice and Steamed Green Beans and Fruit Cup	Pork Larb with Sweet Rice Noodles and Fresh Fruit	Pork Belly and Mushroom Fried Rice with Sweet and Sour Cabbage	Sour Bamboo Soup with Purple Rice and Green Onion and Cilantro, and Fruit Cup

Dinner

Entree 1	Entree 2	Entree 3	Entree 4	Entree 5	Entree 6	Entree 7
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 with White Rice and Sauteed Zucchini

09.11.25

SAMPLE MENU

Heart Healthy

The Heart Healthy menu is 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 plant based.



Lunch

Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.

Entree 1

Egg Salad on Whole Wheat Bread with Coleslaw and a Fresh Apple

Entree 2

Tater Tot Hotdish with a Side of Mixed Vegetables and Applesauce

Entree 3

Southwest Salad with Citrus Cucumber Dressing

Entree 4

Lemon Herb Chicken with Barley Risotto and Brussels Sprouts, and a Banana

Entree 5

Sesame Edamame Noodles with Green Beans

Entree 6

Egg Salad on Whole Wheat Bread with Coleslaw and a Banana

Entree 7

Spaghetti with Meat Sauce and a Side of Mixed Vegetables and a Fresh Apple

Dinner

Entree 1

Chickpea Shakshuka with Orzo, Feta Cheese, Cauliflower, Carrots, Green Beans and Zucchini

Entree 2

Fish Taco Bowl with Beans and Rice, Pico de Gallo, and Corn

Entree 3

Beef Sloppy Joe with Mashed Sweet Potatoes, and Corn

Entree 4

BBQ Chicken with Brown Rice and Baked Beans

Entree 5

Ground Beef Stroganoff with Whole Wheat Egg Noodles, Peas, and Carrots

Entree 6

Chicken Stir Fry with Brown Rice and Peas

Entree 7

Three Cheese Pasta with Turkey Meat Sauce, Green Beans, Carrots, and Zucchini

09.11.25

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.



Lunch

Lunch includes the option of adding 4 servings of dessert, such as Gluten and Dairy Free Lemon Cookies.

Entree 1

Chicken Salad on Gluten Free Bread with 3-Bean Salad and a Fresh Apple

Entree 2

Vegetable Curry with Brown Rice and Edamame

Entree 3

Fish Taco Bowl with Spiced Beans and Rice, Corn, and Diced Pear

Entree 4

Chicken Salad on Gluten Free Bread with 3-Bean Salad and a Fresh Apple

Entree 5

Beef Sloppy Joe with Mashed Sweet Potatoes, Corn, and Applesauce

Entree 6

Quinoa Salad Bowl with Avocado Lime Dressing

Entree 7

Chickpea Shakshuka with Brown Rice, a Side of Mixed Vegetables and Applesauce

Dinner

Entree 1

Jerk Chicken with Black Beans, Brown Rice, and Corn

Entree 2

Beef Chili with White Rice, and Peas

Entree 3

House made Veggie Burger with Mashed Sweet Potatoes, and Brussels Sprouts

Entree 4

Sweet and Sour Chicken with Brown Rice, Broccoli, Corn, Carrots and Edamame

Entree 5

Squash and Bean Casserole with Herbed Quinoa, and Edamame

Entree 6

Meatloaf with Dairy-Free Polenta, Beef Gravy, and Peas

Entree 7

Baked Fish with Creamy Herb Sauce, Brown Rice and a Side of Mixed Vegetables

09.11.25



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

SAMPLE MENU

Mild and Soft =

Appropriate for individuals experiencing taste and/or smell aversions, nausea, low appetite, and/or who need softer and easy to digest foods. This menu is low in strong seasonings and spices and excludes food with strong odors.



Lunch

Lunch includes the option of adding 4 servings of dessert, such as chocolate chip cookies.

Entree 1

Turkey and Swiss Sandwich with Carrot and Raisin Slaw and Applesauce

Entree 2

Chicken Alfredo Pasta with Carrots and a Banana

Entree 3

Ground Beef Stroganoff over Whole Wheat Egg Noodles with Warm Cinnamon Pears

Entree 4

Turkey and Swiss Sandwich with Carrot and Raisin Slaw and Diced Peaches

Entree 5

Chicken Lasagna with Corn, Carrots, Green Beans and Peas

Entree 6

Turkey Dumpling Stew with Green Beans and a Banana

Entree 7

Macaroni and Cheese with Peas and Applesauce

Dinner

Entree 1

Turkey and Mushroom Casserole with Green Beans

Entree 2

Braised Chicken with Buttered Egg Noodles, Gravy, and Corn

Entree 3

Hamburger with Swiss Cheese, Mashed Sweet Potatoes and Green Beans

Entree 4

Chicken and Spinach Pasta with Mashed Sweet Potatoes

Entree 5

Tater Tot Hotdish with a Side of Mixed Vegetables

Entree 6

Chicken Quesadilla with White Rice and Diced Carrots

Entree 7

Turkey and Root Vegetable Hash with Scrambled Eggs, Peas and Carrots