



JANUARY 2022 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																				
31-Jan WELLNESS Macanese Chicken Pepper Citrus Couscous Broccoli RENAL Cod Fillet Artichoke Spinach Sauce WW Rotini / Carrot & Green Beans BLAND Cod Fillet Zucchini 'Shroom Sauce White Rice w/Herbs / Capri Mixed Veg VEGETARIAN Tofu Burger Artichoke Spinach Sauce WW Rotini / Peas & Carrots	Highlight on Magnesium			Nutrient Interactions Taking high doses of supplemental zinc may interfere with the absorption of magnesium. Check with your doctor about all high dose supplements to ensure you are keeping your nutrient intake in a good balance! Magnesium Food Sources <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Food</th> <th>Serving</th> <th>Milligrams (mg) per serving</th> </tr> </thead> <tbody> <tr> <td>Brazil nuts</td> <td>1 ounce (6 each)</td> <td>107</td> </tr> <tr> <td>Cereal, oat bran</td> <td>½ cup dry</td> <td>96</td> </tr> <tr> <td>Brown rice, medium grain, cooked</td> <td>1 cup</td> <td>86</td> </tr> <tr> <td>Cashews</td> <td>1 ounce (16 each)</td> <td>83</td> </tr> <tr> <td>Spinach, frozen chopped, cooked</td> <td>½ cup</td> <td>78</td> </tr> <tr> <td>Almonds</td> <td>1 ounce (23 each)</td> <td>77</td> </tr> <tr> <td>Swiss chard, chopped, cooked</td> <td>½ cup</td> <td>75</td> </tr> <tr> <td>Avocado</td> <td>1 fruit</td> <td>58</td> </tr> <tr> <td>Cereal, all bran</td> <td>½ cup dry</td> <td>57</td> </tr> <tr> <td>Milk, 1% fat</td> <td>8 fl oz</td> <td>39</td> </tr> <tr> <td>Banana</td> <td>1 medium</td> <td>32</td> </tr> </tbody> </table> <p style="font-size: small; text-align: center;"><i>Pay attention to your food sources of this important nutrient and be sure you get enough every day!</i></p>	Food	Serving	Milligrams (mg) per serving	Brazil nuts	1 ounce (6 each)	107	Cereal, oat bran	½ cup dry	96	Brown rice, medium grain, cooked	1 cup	86	Cashews	1 ounce (16 each)	83	Spinach, frozen chopped, cooked	½ cup	78	Almonds	1 ounce (23 each)	77	Swiss chard, chopped, cooked	½ cup	75	Avocado	1 fruit	58	Cereal, all bran	½ cup dry	57	Milk, 1% fat	8 fl oz	39	Banana	1 medium	32	1-Jan WELLNESS Beef Stroganoff WW Rotini Winter Vegetables RENAL Beef Stroganoff White Egg Noodle Garden Mixed Veg BLAND Chicken Noodle Casserole Carrots VEGETARIAN Tempeh Tamale Pie Peas	2-Jan WELLNESS Chicken Drumsticks / Salsa Verde Mexican Brown Rice Green Beans & Peppers RENAL Pork Loin w/Rosemary Mexican Brown Rice Eggplant Saute BLAND Roasted Pork Loin Creamy Dill Sauce White Rice w/Herbs / Eggplant Saute VEGETARIAN Curried Tofu Golden Lentil Sauce Mexican Brown Rice / Kale Saute
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3-Jan WELLNESS Garlic-Herb Chicken Marinara Sauce Herbed Polenta / Garlic-Herb Carrots RENAL Garlic-Herb Chicken Marinara Sauce Herbed Polenta / Italian Mixed Veg BLAND Chicken Breast Parsnip Puree Orzo Pilaf 'Shrm / Yellow Zucchini VEGETARIAN Tempeh Casserole House Enchilada Sauce Garlic-Herb Carrots	4-Jan WELLNESS Turkey Picadillo Cuban-Style Rice Cauliflower RENAL Beef Rosemary Stew Orzo w/Lentils Capri Mixed Veg BLAND Beef Rosemary Stew White Rice w/Herbs Capri Mixed Veg VEGETARIAN Zucchini & Tofu Bell Pepper Relish Capri Mixed Veg	5-Jan WELLNESS Cod Fillet Veracruz Sauce Arroz Verde / Succotash RENAL White Fish Cakes Veracruz Sauce Arroz Verde / Brussel Sprouts BLAND Pork Stew w/Raisins White Egg Noodle Garden Mixed Veg VEGETARIAN Three Bean Tofu Chili Arroz Verde Succotash	6-Jan WELLNESS Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mixed Veg RENAL Artichoke Lasagna Cauliflower BLAND Chicken Breast Bechamel Sauce Orzo / Root Veg Hash VEGETARIAN Artichoke Lasagna Garlic-Herb Carrots	7-Jan WELLNESS Chicken w/Spinach WW Rotini Garden Mixed Veg RENAL Cod Fillet Spinach & Lemon Herb Bulgur Pilaf / Green Beans BLAND Cod Fillet Carrot Ricotta Sauce White Egg Noodle / Green Beans VEGETARIAN Roasted Tofu Cutlets Spinach & Lemon Herb Bulgur Pilaf / Green Beans	8-Jan WELLNESS Pork Loin Black Eye Peas & Peanut Stew Brown Rice / Capri Mixed Veg RENAL Pork Loin Black Eye Peas & Peanut Stew Brown Rice / Cauliflower BLAND Turkey 'Shroom Ragu White Egg Noodle Yellow Zucchini VEGETARIAN Southwest Tempeh Black Eye Peas & Peanut Stew Brown Rice / Cauliflower	9-Jan WELLNESS Beef Fajita Stew Brown Rice & Beans Green Beans RENAL Pineapple Chicken Ginger Garlic Sauce Brown Rice / Green Beans BLAND Yogurt Herb Chicken Mushroom Alfredo Sauce Orzo Pilaf 'Shrm / Green Beans VEGETARIAN Tempeh-Tofu Loaf Mushroom Sage Gravy Mashed Parsnips / Garden Mixed Veg																																				
10-Jan WELLNESS Beef & Lentil Ragout WW Rotini Capri Mixed Veg RENAL Blackened Chicken Breast Tofu Jambalya Dirty Brown Rice / Spicy Green Beans	11-Jan WELLNESS Chicken Drumsticks Cranberry Chutney Quinoa Pilaf / Root Veg Hash RENAL Goan Pork Stew Quinoa Pilaf Carrot & Green Beans	12-Jan WELLNESS Turkey Breast Mushroom-Dijon Sauce Wild Rice Casserole / Brussel Sprouts RENAL Pea Ricotta Frittata, Balsamic Onion Relish White Rice w/Herbs / Broccoli	13-Jan WELLNESS Cod Fillet Brown Rice Pilaf Stir Fry Vegetables RENAL Pineapple Chicken Ginger Orange Sauce Brown Rice / Stir Fry Vegetables	14-Jan WELLNESS Chicken Thigh Mushroom Gravy Parsnip & Sweet Potato / Green Beans RENAL Turkey Stuffed Pepper House Enchilada Sauce Spanish Brown Rice / Cauliflower	15-Jan WELLNESS Chicken Pozole Verde Mexican Brown Rice Beans Cabbage & Carrots RENAL White Fish Cakes Artichoke Pimiento Sauce WW Rotini / Brussel Sprouts	16-Jan WELLNESS Jamaican Pork Stew Brown Rice Capri Mixed Veg RENAL Jamaican Pork Stew Brown Rice w/Okra																																				



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Carrot Ricotta Sauce White Egg Noodle / Mushroom Eggplant Saute	Cod Fillet Creamy Dill Sauce White Egg Noodle / Capri Mixed Veg	Celery Braised Pork Loin Mashed Potatoes Yellow Zucchini	Chicken Corn Chowder White Rice w/Herbs Carrot & Green Beans	Turkey Picadillo Orzo Eggplant Zucchini Saute	Tempeh Tuna Cake Basil Pesto Sauce Orzo / Carrot & Green Beans	Beef Fricassee w/Tofu Mashed Potatoes Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Jambalya Dirty Brown Rice Spicy Green Beans	Tempeh Lentil Sloppy Joe Stuffed 'Shroom Caponata Sauce Herb Polenta & Ricotta	Quinoa Caprese Bake Broccoli	Curried Tofu Vegetables w/Coconut Brown Rice Pilaf / Cauliflower	Tofu Bean Chile Verde Brown Rice Spicy Green Beans	SplitPea-Cauli Patty Artichoke Pimiento Sauce WW Rotini / Br.Sprouts & Carrots	Spiced Tempeh Cake Garbanzo & Veg Stew Wheat Berry Pilaf
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Pork Loin w/ Zesty Tomato Sauce Baked Pasta w/Greens Garlic-Herb Carrots	Beef Fricassee WW Rotini Garden Mixed Veg	Chicken Drumsticks Quinoa,Feta & Chickpea Creole Vegetables	Turkey Chili Cheddar Grits Capri Mixed Veg	Cod Fillet Sesame Brown Rice Kung Pao Tofu & Veg	Mustard Glazed Thigh Mushroom Alfredo Sauce Lentil w/Veggies / Capri Mixed Veg	Chicken Pomodoro WW Rotini Spicy Green Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Spiced Chicken Breast Hominy Pozole Verde White Rice w/Herbs / Cabbage & Carrots	Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Broccoli	Turkey Patty Onion Balsamic Relish Mashed Sweet Potato / Spicy Green Beans	Balsamic Chicken Breast Artichoke Provencal WW Rotini / Capri Mixed Veg	Cod Fillet Kung Pao Tofu & Veg Sesame Brown Rice / Peas & Carrots	Roasted Turkey Breast Pumpkin Seed Sauce Cheddar Grits / Zucchini 'Shroom Sauce	Beef Rosemary Stew White Rice Pilaf Eggplant Saute
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Pork & Root Veg Stew White Egg Noodle Capri Mixed Veg	Roasted Pork Loin Basil Pesto Sauce White Egg Noodle / Root Veg Hash	Turkey Patty Eggplant 'Shroom Sauce Orzo / Green Beans	Chicken Breast Cream Of Celery Sauce Orzo / Carrot & Green Beans	Beef Stroganoff White Egg Noodle Carrots	Roasted TurkeyBreast Zucchini 'Shroom Sauce Mashed Sweet Potatoes	Cod Fillet Herb Sauce White Rice Pilaf / Eggplant Saute
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Tempeh Hominy Pozole Verde Spanish Brown Rice	Eggplant Parmesan Zesty Tomato Sauce WW Rotini / Carrots	Hearty Vegetable Stew Mashed Sweet Potato Spicy Green Beans	Tofu Burger WW Rotini Artichoke Provencal	Kung Pao Tofu Sesame Brown Rice Peas & Carrots	Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits / Garden Mixed Veg	Spiced Tempeh Cake Green Curry Veg Sauce WW Rotini
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Pork Loin w/Rosemary Kale Pesto Quinoa w/Artichokes / Garlic-Herb Carrots	Beef Birria Mexican Brown Rice & Beans Garden Mixed Veg	Smokey Drumsticks Cubana Sauce Wheat Berry Pilaf / Garden Mixed Veg	Thai Turkey Burger Sweet Potato Cream Brown Rice w/Veggies / Broccoli-Cauliflower	Cod Fillet Green Curry Sauce Basil Garlic Bulgur / Capri Mixed Veg	Sage Chicken Thigh Red Wine Sauce Parsnip & Sweet Potato / Broccoli-Cauliflower	Turkey Bolognese WW Rotini Winter Vegetables
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Pork Loin w/Rosemary Garlic Confit White Rice w/Herbs / Creole Vegetables	Chicken Breast Alfredo Sauce Wheat Berry Pilaf / Carrots	Turkey Stuffed Pepper White Rice w/Herbs / Broccoli	Blackened Chicken Breast Paprikash Sauce Orzo w/Lentils / Spicy Cabbage & Onion	Cod Fillet Split Pea Sauce Basil Garlic Bulgur / Capri Mixed Veg	Vegetarian Mu Shu Tofu Brown Rice Green Beans	Turkey Lasagna Peas & Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin Apple Raisin Sauce Orzo / Green Beans	Chicken Breast Alfredo Sauce White Egg Noodle / Carrots	Turkey Stuffed 'Shroom Bechamel Sauce White Egg Noodle / Garden Mixed Veg	Chicken Eggplant Stew Orzo Carrot & Green Beans	Cod Fillet Basil Pesto Sauce White Rice / Capri Mixed Veg	Beef Stew White Egg Noodle Yellow Zucchini	Turkey Lasagna Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Marinated Tempeh Ginger Garlic Sauce Brown Rice / Garlic-Herb Carrots	Barley Red Bean Burger Chipotle Chili Gravy Wheat Berry Pilaf / Brussel Sprouts	Spinach Frittata Brown Rice & Beans Garden Mixed Veg	Tempeh-Cauli Patty Paprikash Sauce WW Rotini / Spicy Cabbage & Onion	Blackened Tofu Split Pea Sauce Bulgur Pilaf / Capri Mixed Veg	Vegetarian Mu Shu Tofu Brown Rice Peas	Lentil Tofu Bolognese Garlic Confit WW Rotini / Spicy Green Beans