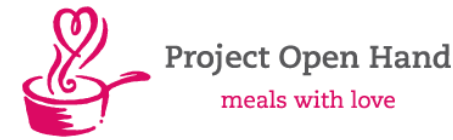



JANUARY 2023 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
WELLNESS Turkey Picadillo Cuban-Style Rice Cauliflower	WELLNESS Chicken Chili Brown Rice w/ Veggie Mix Garden Mixed Veg	WELLNESS Pork Loin Sherry-Shroom Sauce Whole Wheat Rotini Garlic-Herb Carrots	WELLNESS Blackened Salmon Black Eyed Pea & Peanut Stew Bulgur Pilaf Garden Mixed Veg	WELLNESS Chicken Shroom Adobo Brown Rice w/Okra Br.Sprouts & Carrots	WELLNESS Beef & Lentil Ragout Whole Wheat Rotini w/Marinara Sa Green Beans & Peppers	WELLNESS Mediterranean Turkey Burger Zesty Tomato Sauce PiquilloTomato Grits Capri Mixed Veg
RENAL Turkey Picadillo Cuban-Style Rice Cauliflower	RENAL Chicken Chili Brown Rice Pilaf Garden Mixed Veg	RENAL Baked Salmon Basil Pesto Sauce White Egg Noodle Broccoli	RENAL Roasted Pork Loin Black Eyed Pea & Peanut Stew Bulgur Pilaf Brussel Sprouts	RENAL Chicken Shroom Adobo Brown Rice w/Okra Brussel Sprouts	RENAL Beef & Lentil Ragout Whole Wheat Rotini Green Beans & Peppers	RENAL Chicken Breast Squash Puree w/Veg White Egg Noodle Green Beans
BLAND Turkey Lasagna Green Beans	BLAND Chicken Eggplant Stew Orzo & Herb Pilaf Garden Mixed Veg	BLAND Baked Salmon Basil Pesto Sauce White Egg Noodle Capri Mixed Veg	BLAND Roasted Pork Loin Apple Raisin Sauce Orzo Carrot & Green Beans	BLAND Beef Rosemary Stew White Rice Garden Mixed Veg	BLAND Tempeh Tuna Cake Herb Sauce Orzo Carrots	BLAND Chicken Breast Squash Puree w/Veg White Egg Noodle Green Beans
VEGETARIAN Tempeh Picadillo Garlic Confit Cuban-Style Rice Cauliflower	VEGETARIAN White Bean Spinach Casserole Pumpkin Seed Sauce Garden Mixed Veg	VEGETARIAN Zucchini & Pepper Frittata Garlic Wild Rice Broccoli	VEGETARIAN Blackened Tempeh Black Eyed Pea & Peanut Stew Bulgur Pilaf Zucchini	VEGETARIAN Tofu Mushroom Adobo Brown Rice w/Okra Brussel Sprouts	VEGETARIAN Quinoa Caprese Bake Carrots	VEGETARIAN Tempeh Cauliflower Patty Arugula Parsley Puree PiquilloTomato Grits Spicy Green Beans
9-Jan WELLNESS Hoisin Chicken Thigh Ginger Garlic Sauce Fried Brown Rice Broccoli	10-Jan WELLNESS Turkey Beef Bolognese Whole Wheat Rotini Garlic-Herb Carrots	11-Jan WELLNESS Mustard Glazed Thigh Wheat Berry Pilaf Garbanzo & Veg Stew	12-Jan WELLNESS Baked Salmon Red Pepper Sauce Wild Rice Tofu-Sweet Potato Hash	13-Jan WELLNESS Beef Bourguignon Whole Wheat Rotini Br.Sprouts & Carrots	14-Jan WELLNESS Curried Pork Loin Pumpkin Puree Whole Wheat Rotini / Garden	15-Jan WELLNESS Smokey Drumstick Brown Rice Veg Ranchero Stew Green Beans
RENAL Hoisin Chicken Thigh Ginger Garlic Sauce Brown Rice / Broccoli	RENAL TurkeyBeef Bolognese Whole Wheat Rotini Garlic-Herb Carrots	RENAL Mustard Glazed Thigh White Rice w/Herbs Garbanzo & Veg Stew	RENAL Baked Salmon Red Pepper Sauce Wild Rice / Brussel Sprouts	RENAL Tempeh Lasagna Peas & Carrots	RENAL Curried Pork Loin Pumpkin Puree Whole Wheat Rotini	RENAL Smokey Drumstick VegetarianRancheroSt Brown Rice
BLAND Tuna & Veg Frittata White Rice w/Herbs Garden Mixed Veg	BLAND Baked Salmon Orzo & Herb Pilaf Vegetable Fricassee	BLAND Pork Stew White Egg Noodle Green Beans	BLAND Turkey Casserole White Rice w/Herbs Capri Mixed Veg	BLAND Herbed Chicken Breast Squash Potato Puree Orzo Garden Mixed Veg	BLAND Beef Potato Dill Stew White Rice w/Herbs Green Beans	BLAND Turkey Stuffed Shroom Bechamel Sauce White Egg Noodle Garden Mixed Veg
VEGETARIAN Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice Peas & Carrots	VEGETARIAN StuffedShroom,Tempeh Herb Polenta&Ricotta Caponata	VEGETARIAN Spiced Tempeh Cake Garbanzo & Veg Stew Wheat Berry Pilaf	VEGETARIAN TofuSweetPotatoHash Red Pepper Sauce Wild Rice	VEGETARIAN Tempeh Lasagna Peas	VEGETARIAN Curried Tofu Pumpkin Puree Whole Wheat Rotini Garden Mixed Veg	VEGETARIAN Vegetarian Ranchero Stew Brown Rice Green Beans
16-Jan WELLNESS Baharat Chicken Thigh Quinoa Moroccan Tagine	17-Jan WELLNESS Beef & Tofu Fricassee Whole Wheat Rotini Garden Mixed Veg	18-Jan WELLNESS Chicken & Rice Stew Mashed Potatoes Carrots w/ Vegetable Marinade	19-Jan WELLNESS Chicken Thigh Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots	20-Jan WELLNESS Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg	21-Jan WELLNESS Pork & Chickpea Stew Creamy Tomatillo Whole Wheat Rotini Garden Mixed Veg	22-Jan WELLNESS Thai Turkey Burger Green Curry Veg Sauce Quinoa Carrot & Green Beans
RENAL Chicken Breast Quinoa Moroccan Tagine	RENAL Curried Pork Loin Bean Parsnip Masala White Rice	RENAL Zucchini & Tofu Pasta Bell Pepper Relish Capri Mixed Veg	RENAL Cod Filet Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots	RENAL Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg	RENAL Turkey Eggplant Torta White Rice Green Beans	RENAL Chicken Breast Green Curry Veg Sauce Brown Rice



JANUARY 2023 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin Carrot Ricotta Sauce Orzo Shroom Pilaf Green Beans	Beef Fricassee w/Tofu White Egg Noodle Carrot & Green Beans	Chicken Chowder White Rice w/Herbs Capri Mixed Veg	Pork & Potato Stew Mashed Parsnips Green Beans	Baked Salmon Creamy Dill Sauce Orzo Shroom Pilaf Garden Mixed Veg	Turkey Eggplant Torta White Rice Green Beans	Yogurt Herb Chicken Herb Sauce White Egg Noodle Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baharat Spiced Tempeh Moroccan Tagine Quinoa Broccoli-Cauliflower	Bean Parsnip Masala Brown Rice Pilaf SpicyStirFry Cabbage	Zucchini & Tofu Pasta Bell Pepper Relish Peas & Carrots	Orange Tofu & Edamame Tumeric Brown Rice Br.Sprouts & Carrots	Lentil Tofu Bolognese Garlic Confit Whole Wheat Rotini Garden Mixed Veg	SplitPea-Cauli Patty Creamy Tomatillo Whole Wheat Rotini Garden Mixed Veg	Spiced Tempeh Cake Green Curry Veg Sauce Brown Rice Carrot & Green Beans
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Pork Loin Artichoke Spinach Sauce Wild Rice Quinoa Pilaf Garden Mixed Veg	Beef Stroganoff Parsnip & Sweet Potato Garden Mixed Veg	Turkey Jambalaya Brown Rice Garlic-Herb Carrots	BBQ Chicken Drumstick Quinoa Veggie Mix	Salmon Quinoa Lentil Tomato Ragout Carrots	Beef & Turkey Meatball Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Veg w/ Marinade	Chicken Casserole Whole Wheat Rotini Red Pepper Sauce Brussel Sprouts
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Beef Stroganoff Whole Wheat Rotini Peas	Balsamic Pork Cutlet Herb Sauce Herb Polenta & Ricotta Green Beans	Turkey Jambalaya Dirty Brown Rice Br.Sprouts & Carrots	BBQ Chicken Drumstick Baked Beans w/Kale Brown Rice Pilaf Garden Mixed Veg	Cod Filet Bean & Peppers Saute Garlic Wild Rice	Beef & Turkey Meatball Creamy Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots	Coconut Turmeric Chicken Wild Rice Pilaf Broccoli-Cauliflower
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Stew White Egg Noodle Green Beans	Baked Salmon Cream of Celery Sauce Orzo Root Veg Hash	Roasted Pork Loin Alfredo Sauce White Egg Noodle Capri Mixed Veg	Turkey Patty Eggplant Shroom Sauce Orzo Green Beans	Chicken Breast Mushroom Gravy Orzo+Butternut Squash Eggplant Saute	Cod Filet White Egg Noodle Vegetable Fricassee	Chicken Stew Orzo & Herb Pilaf Carrot & Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Tamale Pie Peas	Tofu Stroganoff Herb Sauce Whole Wheat Rotini Peas & Carrots	Tofu Jambalaya Dirty Brown Rice Br.Sprouts & Carrots	Spinach Frittata Baked Beans w/Kale Cauliflower	Balsamic Portabello Garlic Wild Rice Bean & Peppers Saute	Tempeh Meatballs Creamy Tomato Sauce Whole Wheat Rotini Green Beans	Lentil Casserole Brussel Sprouts
30-Jan	31-Jan	<div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;">Ways to Stretch your Food Budget</div> <p>Meal Plan & Buy in Bulk It can reduce grocery store trips, food waste and impulse buys! Buying in bulk is almost always cheaper per unit.</p> <p>Tip: Plan at least one meal around vegetables! Vegetable proteins such as tofu, beans, peas, lentils and nut butters tend to be highly nutritious and affordable. Vegetables are also high in dietary fiber, which can keep you feeling full longer.</p> <p>Eat before you go grocery shopping This can cut drastically the number of foods you buy. When you are hungry, you are more likely to buy impulsively & spend more money.</p> 				
WELLNESS	WELLNESS					
Chicken Breast Sweet Potato Chipotle Sauce Brown Rice Corn w/Mushrooms	Chicken Gumbo Cheddar Grits Carrots					
RENAL	RENAL					
Baked Salmon Corn w/Mushrooms Quinoa Pilaf	Chicken Gumbo Cheddar Grits Capri Mixed Veg					
BLAND	BLAND					
Pork Loin Mashed Parsnips Eggplant Zucchini Saute	Turkey Picadillo White Rice Garden Mixed Veg					
VEGETARIAN	VEGETARIAN					
Spiced Tempeh Cake Sweet Potato Chipotle Sauce Quinoa Pilaf Corn w/Mushrooms	CajunTofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg					

Buy frozen fruits & vegetables (with no added ingredients)
Frozen produce is picked & frozen at peak ripeness which is when it's most packed with nutrients! Frozen fruits & vegetables don't require washing, peeling or chopping so you can skip all the prep work, time is money! Having frozen produce on hand can be the difference between eating a fruit & vegetable or not. Eat your fruits & veggies!

Compare:
10 oz. **frozen** organic blueberries \$4.99 to 6 oz. **fresh** blueberries \$4.99
1 lb. **frozen** dark sweet cherries \$4.79 to 1 lb. of **fresh** cherries \$6.99

Tip: If you don't have a freezer or don't have the space, you can look for low sodium &/or no added sugar cans of fruit & vegetable which can provide all the same benefits.

Buy produce at your local farmers market
Foods that are grown locally have traveled shorter distances and are minimally processed which cuts down on cost. You also don't have to pay for packaging costs & you can buy as little as you need.

Tip: Shop towards the end of the market for a better deal.
If you have CalFresh, look for the information booth and ask about market match program. Market Match is California's healthy food incentive program that matches customers' CalFresh nutrition assistance benefits at farmers' markets and other farm-direct sites.