



MARCH 2023 WELLNESS MENU

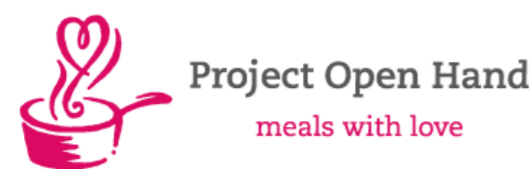
National Nutrition Month

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March is National Nutrition Month! The theme this year is focused on Fuel for the Future. Small goals and changes can have a big impact on your health, and every little bit is a step in the right direction.

- **Eat with the environment in mind.**
 - Enjoy more Plant Based meals and snacks. Think about plant based foods you already enjoy like black bean soup, or peanut butter on wheat toast.
 - Choose foods in season and shop locally when possible. Try visiting a Farmers' Market and talk directly to farmers to learn more.
 - Purchase foods with minimal packaging. Try shopping for a few items in bulk and bring a reusable container with you. And don't forget your reusable shopping bags!
- **Stay nourished and save money.**
 - Plan your meals and snacks ahead of time. Plan at least one meal a few times a week to start.
 - Make a shopping list before you leave for the store, and see what food you have on hand and plan to use early in your week to reduce food waste.
 - Learn about community resources that may help with nutrition security like CalFresh, congregate meal programs, community gardens, and local food banks.
- **Make tasty and nutritious foods at home.**
 - Try a new cooking technique or recipe idea
 - Try new flavors and ingredients from around the world
 - Find creative ways to use leftovers rather than tossing them.

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



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13-Mar		14-Mar		15-Mar		16-Mar		17-Mar		18-Mar		19-Mar	
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 Spicy Stir Fry Cabbage		Zucchini & Tofu Pasta Bell Pepper Relish Peas & Carrots		Orange Tofu & Edamame Turmeric Brown Rice Br. Sprouts & Carrots		Lentil Tofu Bolognese Garlic Confit Whole Wheat Rotini Garden Mixed Veg		Split Pea-Cauli Patty Creamy Tomatillo Whole Wheat Rotini Garden Mixed Veg		Spiced Tempeh Cake Green Curry Veg Sauce Brown Rice Carrot & Green Beans	
20-Mar		21-Mar		22-Mar		23-Mar		24-Mar		25-Mar		26-Mar	
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	
27-Mar		28-Mar		29-Mar		30-Mar		31-Mar					
WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS					
Chicken Breast Sweet Potato Chipotle Sauce Brown Rice Corn w/Mushrooms		Chicken Gumbo Cheddar Grits Carrots		Mongolian Beef Brown Rice Veggie Mix		Blackened Salmon Artichoke Cream Sauce Brown Rice Vegetable Ragout		Pork & Chickpea Stew Wild Rice & Quinoa Garden Mixed Veg					
RENAL		RENAL		RENAL		RENAL		RENAL					
Baked Salmon		Chicken Gumbo		Mongolian Beef		Tofu Black Bean Enchilada Casserole Broccoli-Cauliflower		Pork & Chickpea Stew					
BLAND		BLAND		BLAND		BLAND		BLAND					
Corn w/Mushrooms Quinoa Pilaf		Cheddar Grits Capri Mixed Veg		Brown Rice Green Beans		Yogurt Herb Chicken Parsnip-Carrot Sauce Orzo Shroom Pilaf Garden Mixed Veg		Bulgur Pilaf Carrot & Green Beans					
VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN					
Spiced Tempeh Cake Sweet Potato Chipotle Sauce Quinoa Pilaf Corn w/Mushrooms		Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg		Lentil Stuffed Pepper Savory Tomato Relish Brown Rice Green Beans		Tofu Black Bean Enchilada Casserole Peas		Vegetarian Mu Shu Tofu Brown Rice Broccoli-Cauliflower					

