

APRIL 2024 Wellness Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|---|
| 1-Apr | 2-Apr | 3-Apr | 4-Apr | 5-Apr | 6-Apr | 7-Apr |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Beef & Mushroom Stew Whole Wheat Rotini Broccoli | Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean, Red Peppers & Spinach Stew | Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli | Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew | Turkey & Kidney Bean Chili Brown Rice | Chicken, Mushroom & Spinach Stew Quinoa, Edamame & Greens Butternut Squash | Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice / Carrots |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Creamy Tofu & Mushroom Stew Whole Wheat Rotini Broccoli | Balsamic-Marinated Portabello Mushroom White Bean, Red Peppers & Spinach Quinoa, Edamame & Greens | Curried Lentil & Tempeh Casserole Quinoa Broccoli | Seasoned Tempeh Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes & Zucchini Stew | Barley Red Bean Burger Parsley & Cilantro Sauce Brown Rice / Broccoli | Tempeh Cauliflower & Chickpea Patty Pumpkin Puree w/ Vegetables Whole Wheat Rotini / Peas & Carrots | Tomato Eggplant Garbanzo Casserole Creamy Tomato Sauce Quinoa & Brown Rice |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Beef & Tofu in Creamy Mushroom Orzo Carrots & Green Beans Parsley & Cilantro Herb Sauce | Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce Herbed Orzo Zucchini | Pork, Potato & Herb Stew White Rice Roasted Sweet Potatoes | Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables | Turkey & Vegetable Egg Casserole Herbed Orzo Green Beans | Yogurt Herbed Chicken Breast Pumpkin & Herb Puree w/ Vegetables White Macaroni | Chicken Stew Herbed White Rice Green Beans |
| ESR | ESR | ESR | ESR | ESR | ESR | ESR |
| Beef & Mushroom Stew White Macaroni Broccoli | Rosemary Chicken Thigh Roasted Carrot Ricotta Herb Sauce Orzo Carrots & Green Beans | Pork & Beans in Smoky Pepper Sauce Quinoa Broccoli | Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Vegetables | Turkey & Kidney Bean Chili Brown Rice Broccoli | Chicken, Mushroom & Spinach Stew Whole Wheat Rotini Peas & Carrots | Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice Carrots |
| CK3 | CK3 | CK3 | CK3 | CK3 | CK3 | CK3 |
| Creamy Tofu & Mushroom Stew White Macaroni Broccoli | Balsamic-Marinated Portabello White Bean, Red Peppers & Spinach Orzo Carrots & Green Beans | Pork & Beans in Smoky Pepper White Rice Broccoli | Salmon Fish Cake Quinoa, Edamame & Greens Chunky Eggplant, Peppers, Tomatoes | Turkey & Kidney Bean Chili Brown Rice Broccoli | Chicken, Mushroom & Spinach Quinoa, Edamame & Greens Butternut Squash | Chicken Stew Herbed White Rice Green Beans |
| 8-Apr | 9-Apr | 10-Apr | 11-Apr | 12-Apr | 13-Apr | 14-Apr |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Beef & Barley Stew Roasted Sweet Potatoes | Mustard Glazed Chicken Thigh Brown Rice Stewed Tomatoes & Vegetable Medley | Chicken, Broccoli & Cheddar Whole Wheat Rotini | Baked Cod Peas & Potatoes Ginger Curry Herbed Bulgur | Chipotle Beef & Turkey Meatloaf Mexican-style Red Pepper & Tomato Quinoa, Edamame & Greens Garden Mixed Vegetables | Pork & Barley Stew Roasted Sweet Potatoes | Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Tex-Mex Tempeh, Tofu, Beans & Tomato Stew Brown Rice Roasted Sweet Potatoes | Whole Wheat Lasagna w/ Roasted Peppers & Mushroom Stewed Tomatoes & Vegetable Medley Peas | Cumin-Spiced Tofu Green Herb & Sesame Puree Whole Wheat Rotini Vegetable & Kidney Bean Saute | Turmeric-Spiced Tofu Peas & Potatoes Ginger Curry Herbed Bulgur | Black Bean Chili Patty Mexican-style Red Pepper & Tomato Brown Rice Garden Mixed Vegetables | Rustic Tofu Sweet Potato Hash Red Pepper Sauce Barley | Balsamic-Marinated Portabello Mushroom Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Roasted Root Vegetable Medley |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Beef Rosemary Stew White Rice Roasted Sweet Potatoes | Tuna & Vegetable Egg Casserole Parsley & Cilantro Herb Sauce White Macaroni Green Beans | Turkey Stuffed Mushroom Creamy White Herb Sauce Herbed Orzo Capri Mixed Vegetables | Baked Cod Tofu Stew White Macaroni Zucchini | Turkey & Eggplant Frittata Parsley & Cilantro Herb Sauce White Rice Green Beans | Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables | Roasted Chicken Breast Creamy White Cheese Sauce White Macaroni Butternut Squash |
| ESR | ESR | ESR | ESR | ESR | ESR | ESR |
| Beef Rosemary Stew White Rice Peas & Carrots | Mustard Glazed Chicken Thigh Stewed Tomatoes & Vegetable Medley Brown Rice | Chicken, Broccoli & Cheddar Whole Wheat Rotini | Baked Cod Tofu Stew White Macaroni | Chipotle Beef & Turkey Meatloaf Mexican-style Red Pepper & Tomato White Rice Garden Mixed Vegetables | Pork & Barley Stew Peas & Carrots | Balsamic Marinated Chicken Breast Creamy White Cheese Sauce Whole Wheat Rotini Roasted Root Vegetable Medley |
| CK3 | CK3 | CK3 | CK3 | CK3 | CK3 | CK3 |
| Tex-Mex Tempeh, Tofu, Beans & Tomato Stew Brown Rice Brussel Sprouts | Whole Wheat Lasagna w/ Roasted Peppers & Mushroom Green Beans | Chicken, Broccoli & Cheddar White Macaroni Brussel Sprouts & Carrots | Turmeric-Spiced Tofu Peas & Potatoes Ginger Curry Herbed Bulgur | Black Bean Chili Patty Mexican-style Red Pepper & Tomato White Rice Garden Mixed Vegetables | Rustic Tofu Sweet Potato Hash Red Pepper Sauce White Rice | Lentil-Tempeh & Tomato Hash Whole Wheat Rotini Brussel Sprouts |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|---|
| 15-Apr | 16-Apr | 17-Apr | 18-Apr | 19-Apr | 20-Apr | 21-Apr |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Mexican Beef & Bean Stew Brown Rice, Quinoa, Barley & Kale Carrots | Roasted Chicken Thigh Whole Wheat Rotini Italian-Style Tomato & Herb Sauce | Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower | Garlic-Herb Salmon Whole Wheat Rotini Stewed Artichoke Spinach & Tomato | Asian-style Turkey Meatball Thai Green Curry Sauce w/Coconut Quinoa & Brown Rice / Carrots | Chicken, Cabbage & Red Chili Stew Brown Rice Garden Mixed Vegetables | Yogurt Herb Chicken Breast Barley, Asparagus & Broccoli Italian-Style Tomato, Peppers & Mushroom Sauce |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Tempeh & Vegetable Hash Zesty Cilantro w/ Pumpkin Seeds & Brown Rice Green Beans | Whole Wheat Lasagana w/ Mushroom & Peppers Italian-Style Tomato & Herb Sauce Carrots | Chili-Seasoned Tofu Quinoa & Brown Rice Three Bean Hominy Hash | Sweet-Spicy Tempeh Sticks Whole Wheat Rotini Stewed Artichoke Spinach & Tomato | Tempeh Cauliflower & Chickpea Patty Tomato & Chipotle Chili Gravy Quinoa & Brown Rice Green Beans | Seasoned Tempeh Tomato, Okra & Bean Stew Brown Rice | Balsamic & Garlic Tempeh Italian-Style Tomato, Peppers & Barley, Asparagus & Broccoli Green Beans |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Beef & Tofu Hash Herbed White Rice Green Beans | Roasted Chicken Breast Parsnip & Carrot Sauce Herbed Orzo Zucchini | Creamy Pork Stew w/Parsnip Herbed White Rice Carrots | Baked Salmon Creamy Tofu Mushroom & Zucchini Orzo | Creamy Turkey & Mushroom Sauce Orzo Capri Mixed Vegetables | Turkey, Tempeh & Vegetable Hash Herbed Orzo Butternut Squash | Creamy Chicken & Sweet Potato Herbed Orzo Green Beans |
| ESR | ESR | ESR | ESR | ESR | ESR | ESR |
| Beef & Tofu Hash Zesty Cilantro w/ Pumpkin Seeds & Herbed White Rice Green Beans | Roasted Chicken Breast Italian-Style Tomato & Herb Sauce Herbed Orzo Brussel Sprouts | Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower* | Garlic-Herb Salmon Creamy Tofu Mushroom & Zucchini Whole Wheat Rotini | Creamy Turkey & Mushroom Sauce Quinoa & Brown Rice Capri Mixed Vegetables | Chicken, Cabbage & Red Chili Stew Brown Rice Garden Mixed Vegetables | Yogurt Herb Chicken Breast Italian-Style Tomato, Peppers & Barley, Asparagus & Broccoli |
| CK3 | CK3 | CK3 | CK3 | CK3 | CK3 | CK3 |
| Mexican Beef & Bean Stew Brown Rice Green Beans | Whole Wheat Lasagana w/ Mushroom Italian-Style Tomato & Herb Sauce Zucchini | Chili-Seasoned Tofu Mexican Green Tomato & Cream Herbed White Rice Cauliflower | Salmon Fish Cake Stewed Artichoke Spinach & Tomato Whole Wheat Rotini | Tempeh Cauliflower & Chickpea Patty Tomato & Chipotle Chili Gravy White Rice Green Beans | Chicken, Cabbage & Red Chili Stew Brown Rice Tomato, Okra & Bean Stew | Creamy Chicken & Sweet Potato Barley, Asparagus & Broccoli Green Beans |
| 22-Apr | 23-Apr | 24-Apr | 25-Apr | 26-Apr | 27-Apr | 28-Apr |
| WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS | WELLNESS |
| Beef Stew Brown Rice | Cumin-Spiced Chicken Thigh Quinoa & Brown Rice White Bean & Vegetable in Turmeric Carrots | Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables | Baked Cod Dijon Mustard Sauce Brown Rice Lentil, Tomato & Spinach Stew | Rustic Turkey, Tomato & Pepper Creamy Polenta w/Cheese Broccoli | Pork, White Bean & Artichoke Stew Brown Rice Carrots | Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans |
| VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN | VEGETARIAN |
| Asian-Style Soy & Sesame Black Bean Burger Asian Soy & Sesame Sauce Brown Rice Broccoli | Seasoned Tempeh White Bean & Vegetables in Creamy Quinoa & Brown Rice Carrots | Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables | Artichoke Spinach & Tomato Egg Casserole Lentil, Tomato & Spinach Stew Whole Wheat Rotini | Tempeh Black Bean Burrito Casserole Broccoli | Tempeh Vegetables & Bean Chili Quinoa, Edamame & Greens Carrots | Cajun Tofu w/Red Beans, Peppers & Tomato Stew Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans |
| BLAND | BLAND | BLAND | BLAND | BLAND | BLAND | BLAND |
| Beef, Tempeh & Veg Lasagna in Cream Sauce Basil & Cheese Sauce Zucchini | Tempeh & Tuna Cake Creamy Dill Sauce White Rice / Green Beans | Yogurt Herbed Chicken Breast Basil & Cheese Sauce White Macaroni / Zucchini | Baked Cod Herbed Tempeh & Zucchini Sauce White Macaroni / Carrots | Turkey w/ Mashed Root Vegetable Casserole Creamy White Herb Sauce Green Beans | Pork Rosemary Stew Herbed Orzo w/ Mushrooms Capri Mixed Vegetables | Chicken, Eggplant & Mushroom Stew Orzo Green Beans |
| ESR | ESR | ESR | ESR | ESR | ESR | ESR |
| Beef Stew Brown Rice Broccoli | Cumin-Spiced Chicken Thigh White Bean & Vegetables in Creamy Quinoa & Brown Rice Green Beans | Smoky Chicken & Lentil Stew Brown Rice Zucchini Raw | Baked Cod Lentil, Tomato & Spinach Stew Whole Wheat Rotini | Turkey Patty Creamy White Herb Sauce White Macaroni Green Beans | Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans | Garlic & Herb Chicken Breast Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans |
| CK3 | CK3 | CK3 | CK3 | CK3 | CK3 | CK3 |
| Asian-Style Soy & Sesame Black Bean Asian Soy & Sesame Sauce White Rice Zucchini | Seasoned Tempeh White Bean & Vegetables in Creamy White Rice Carrots | Orange Tofu & Edamame Brown Rice Garden Mixed Vegetables | Tempeh & Tuna Cake Dijon Mustard Sauce White Macaroni Carrots | Rustic Turkey, Tomato & Pepper Stew Orzo Carrots | Cajun Tofu w/Red Beans, Peppers & Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans | Chicken, Eggplant & Mushroom Stew Orzo Green Beans Cajun Corn, Peas & Lima Beans |

APRIL 2024 Wellness Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|----------|--------|----------|--------|
| 29-Apr | 30-Apr | Ryan Farquhar, MPH, RDN at Project Open Hand | | | | |
| WELLNESS | | Seasonal Shopping for Produce | | | | |
| Balsamic Chicken Breast Couscous & Quinoa Creole Vegetables | Beef Stew Brown Rice | <p>It is important to pay attention to what season we are in when shopping for produce. While the California climate is excellent for some crops to grow year-round, other fruits and vegetables have a peak harvest season.</p> <p>During a Harvest Season When produce is in its peak harvest season, it will be found in high volumes at grocery stores and farmers' markets. This surplus pushes stores to lower produce prices and offer various deals to sell more of the produce before it goes bad. It's best to plan multiple recipes to match the seasons to maximize these savings and experiment with new foods throughout the year. <i>Tip:</i> A farmers' market is a great place to buy local produce in season. Farmers usually offer lower prices at the market as they don't have to pay for packaging and transport by directly selling to you. If you have CalFresh, you can also utilize the Market Match program for additional benefits assistance <u>when shopping at the farmers' market.</u></p> <p>Produce that is out of season can still be in the grocery store. However, it will be more expensive than when in season. This price is caused by the increased cost of shipping the produce from other areas (even other countries) where the produce may still be growing. This added cost for the stores will increase the price of out-of-season fruits and vegetables.</p> <p>Favorite Fruits and Vegetables Not in Season? Excess produce grown in season will usually be dried, canned, or frozen! If you are looking for a favorite food, check out if they have any preserved foods. But check how these foods are preserved, as they may have added sugar or sodium! Usually, frozen fruits and vegetables have fewer preservatives added, but you can still find dried and canned products low in preservatives if you take the time to read their labels.</p> | | | | |
| VEGETARIAN | | | | | | |
| Tempeh Cauli Patty Green Herb Sauce Couscous & Quinoa Creole Vegetables | White Bean Spinach Casserole Pumpkin Seed Sauce Peas & Carrots | | | | | |
| BLAND | | | | | | |
| Chicken Breast Carrot Ricotta Sauce Orzo Mushroom Pilaf Garden Mixed Veg | Beef Stroganoff White Egg Noodle Green Beans | | | | | |
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| Balsamic Chicken Breast Creole Vegetables Garlic Confit Orzo | Beef Stew White Egg Noodle Vegetable Marinade Peas & Carrots | | | | | |
| CK3 | | | | | | |
| Tempeh Cauli Patty Garlic Confit Orzo | Beef Stew White Egg Noodle Roasted Potatoes Marinated Peas & Carrots | | | | | |

Not sure where your nearest Farmer' Market is? Look it up at: <https://www.sfenvironment.org/farmers-markets-in-sf>

