



AUGUST 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Garlic-Herb Chicken Marinara Sauce Herbed Polenta Garlic-Herb Carrots	Turkey Picadillo Cuban-Style Rice Cauliflower	Baked Salmon Veracruz Sauce Arroz Verde Succotash	Chicken Thigh Paprikash Sauce Wild Rice Casserole Capri Mixed Veg	Chicken Tikka Masala Biryani Brown Rice Garden Mixed Veg	Pork-Black Bean Stew Veggie Brown Rice Garden Mixed Veg	Beef Fajita Stew Brown Rice & Beans Capri Mixed Veg
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Garlic-Herb Chicken Marinara Sauce Herbed Polenta Italian Mixed Veg	Beef Rosemary Stew Orzo w/Lentils Capri Mixed Veg	Baked Salmon Veracruz Sauce Arroz Verde Brussel Sprouts	Balsamic Chix Breast Cacciatore Sauce Orzo Capri Mixed Veg	Chicken Tikka Masala Biryani Brown Rice Garden Mixed Veg	Pork Loin BlkEyePea&PeanutStew Brown Rice	Beef Fajita Stew Brown Rice & Beans Green Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Parsnip Puree Orzo & 'Shrm Pilaf Yellow Zucchini	Beef Rosemary Stew Orzo Capri Mixed Veg	Pork Stew w/Raisins White Egg Noodle Garden Mixed Veg	Chicken Breast Bechamel Sauce Orzo Root Veg Hash	Cod Filet Carrot Ricotta Sauce Orzo & 'Shrm Pilaf Green Beans	Turkey Shroom Ragu Herb Sauce White Egg Noodle Yellow Zucchini	Yogurt Herb Chicken Shroom Alfredo Sauce White Egg Noodle Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Stuffed 'Shroom w/Tempeh Herbed Polenta Italian Mixed Veg	Zucchini & Tofu Bell Pepper Relish Capri Mixed Veg	Three Bean Tofu Chil Arroz Verde Succotash	Tofu Burger Cacciatore Sauce Wild Rice Pilaf Capri Mixed Veg	Arabic-spiced Tofu Spinach & Lemon Herb Whole Wheat Rotini Garden Mixed Veg	Southwest Tempeh Blackeye Pea & Peanut Stew Brown Rice Cauliflower	Tempeh Burrito Casserole House Enchilada Sauce Green Beans
8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Baked Salmon Lentil Ragout Quinoa Pilaf Capri Mixed Veg	Mustard Glazed Thigh Chasseur Sauce Wild Rice w/Veggies Root Veg Hash	Beef Artichoke Ragout Herbed Polenta Brussel Sprouts	Chipotle Chicken Thigh Cajun Kidney Beans Charleston Red Rice Garden Mixed Veg	Turkey Jambalaya Brown Rice & Orzo Broccoli	Chicken Breast Mushroom Alfredo Sauce Kale Pesto	Turkey Meatloaf Turkey Gravy Mushroom Barley Pilaf Capri Mixed Veg
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Baked Salmon Lentil Ragout Quinoa Pilaf	Citrus Chicken Breast Cranberry Chutney Quinoa Pilaf Root Veg Hash	Roasted Turkey Breast Artichoke Provencal Whole Wheat Rotini Brussel Sprouts	Cod Filet Tofu Jambalya Brown Rice Pilaf Spicy Green Beans	Balsamic Pork Cutlet Mushroom Gravy Whole Wheat Rotini Peas & Carrots	Chicken Pozole Verde Charleston Red Rice Cauliflower	Pineapple Chicken Green Curry Veg Sauce Brown Rice Cauliflower
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast Carrot Ricotta Sauce White Egg Noodle Mushroom Eggplant Saute	Cod Filet Basil Pesto Sauce Zucchini & Tofu Capri Mixed Veg	Roasted Turkey Breast Mushroom Gravy Mashed Potatoes Yellow Zucchini	Chicken Sw.Potato Chowder White Rice w/Herbs Carrot & Green Beans	Turkey Picadillo White Rice w/Herbs Eggplant Zuc Saute	Tempeh Tuna Cake Basil Pesto Sauce Orzo	Beef Fricassee w/Tofu Mashed Potatoes Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Tamale Pie Peas	Split Pea-Cauli Patty Cranberry Chutney Quinoa Pilaf Broccoli-Cauliflower	Tofu Burger Artichoke Provencal Whole Wheat Rotini Brussel Sprouts	Tofu Jambalya Brown Rice Pilaf Spicy Green Beans	Tempeh-Tofu Loaf Mushroom Gravy Orzo Pilaf w/Peas Garden Mixed Veg	Zucchini & Pepper Frittata Charleston Red Rice Peas	Spiced Tempeh Cake Green Curry Veg Sauce Brown Rice Carrot & Green Beans
15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Pork & Mushroom Adobo Squash Kale Quinoa Garlic-Herb Carrots	Beef Fricassee Whole Wheat Rotini Garden Mixed Veg	Chicken Drumstick Brown Rice Pilaf Corn w/Mushrooms	Turkey Chili Cheddar Grits Capri Mixed Veg	Baked Salmon Sesame Brown Rice Kung Pao Tofu & Veg	Chicken Thigh Roasted Garlic Sauce Brown Rice Pilaf	ChickenPomodoro Whole Wheat Rotini Spicy Green Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Eggplant Parmesan Zesty Tomato Sauce Whole Wheat Rotini Broccoli	Beef Fricassee Whole Wheat Rotini Garden Mixed Veg	Turkey Patty Orzo Pilaf w/Peas Creole Vegetables	Turkey Chili Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg	Cod Filet Singapore Tofu Curry Sesame Brown Rice Broccoli	HerbedChicken Breast Mushroom-Tomato Whole Wheat Rotini Capri Mixed Veg	ChickenPomodoro Whole Wheat Rotini Spicy Green Beans



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BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND																												
Pork & Root Veg Stew White Egg Noodle Capri Mixed Veg	Roasted Pork Loin 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	Herbed Chicken Breast Zucchini 'Shroom Sauce White Rice w/Herbs	Cod Filet Herb Sauce White Egg Noodle Eggplant Saute																												
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN																												
Eggplant Parmesan Zesty Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots	Tofu Burger Hominy Pozole Verde Brown Rice Garden Mixed Veg	Mid-East Spiced Tempeh Cake Orzo Pilaf w/Peas Creole Vegetables	Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg	Singapore Tofu Curry Sesame Brown Rice Broccoli	Blackened Tofu Lentil w/Veggies Brown Rice	Tofu Stroganoff Herb Sauce Whole Wheat Rotini Peas & Carrots																												
22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug																												
Pork Loin w/Rosemary Mushroom Sage Gravy Brown Rice Pilaf Garlic-Herb Carrots	Beef Chili Colorado Mexican Brown Rice & Beans Garden Mixed Veg	BBQ Chix Drumstick Baked Beans w/Kale Brown Rice Pilaf Garden Mixed Veg	Medit Turkey Burger Artichoke Cream Sauce Wild Rice Pilaf Broccoli-Cauliflower	Baked Salmon Squash Kale Quinoa Moroccan Tagine	Sage Chicken Thigh Cacciatore Sauce Mushroom Barley Pilaf Broccoli-Cauliflower	Turkey Salisbury Steak Mushroom Sage Gravy Brown Rice Pilaf Winter Vegetables																												
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL																												
Pork Loin w/Rosemary Mushroom Sage Gravy Orzo+Butternut Squash Carrot & Green Beans	Beef Chili Colorado Garlic Confit Mexican Brown Rice & Beans Broccoli	Turkey-Stuffed Pepper Chipotle Chili Gravy White Rice w/Herbs Broccoli	Blackened Chicken Breast Artichoke Spinach Sauce White Egg Noodle Green Beans	Baked Salmon Orzo Moroccan Tagine	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 & 'Shrm Pilaf Carrot & Green Beans	Chicken Breast Alfredo Sauce Squash Potato Puree Carrots	Turkey-Stuffed 'Shrm Bechamel Sauce White Egg Noodle Garden Mixed Veg	Chicken Eggplant Stew Orzo Carrot & Green Beans	Baked Salmon Basil Pesto Sauce Orzo & 'Shrm Pilaf Capri Mixed Veg	Beef Stew White Egg Noodle Yellow Zucchini	White Turkey Lasagna Green Beans																												
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Savory Bullion Tempeh Mushroom Sage Gravy Orzo+Butternut Squash Green Beans	Barley Red Bean Burger Chipotle Chili Gravy Wheat Berry Pilaf Brussel Sprouts	Spinach Frittata Brown Rice Pilaf Garden Mixed Veg	Tempeh Cauli Patty Artichoke Cream Sauce Whole Wheat Rotini Broccoli-Cauliflower	Blackened Tofu Squash Kale Quinoa Lentil w/Veggies	Vegetarian Mu Shu Tofu Brown Rice Broccoli-Cauliflower	Lenti Tofu Bolognese Garlic Confit Whole Wheat Rotini Spicy Green Beans																												
29-Aug	30-Aug	31-Aug	<p>Is calcium udderly necessary?</p> <p>Many people drink cow's milk and eat dairy in other forms such as cheese, yogurt, and butter. Milk has held a special importance in human societies. For the Fulani of West Africa, a single drop of milk was responsible for the beginning of world, and milk is even written into the story of our cosmos—our galaxy—the Milky Way.</p> <p>In addition to milk's rich history, one cannot deny that milk is rich in calcium, which is a mineral that is important to get enough of in our diets. Calcium is a structural component of bones and teeth and helps the human body regulate nerve transmission and muscle contraction.</p> <table border="0"> <tr> <td>FOODS</td> <td>CALCIUM</td> </tr> <tr> <td>Sardines, canned (3 oz)</td> <td>324 mg</td> </tr> <tr> <td>Orange juice, with calcium (1 cup)</td> <td>300 mg</td> </tr> <tr> <td>Soy milk, (1 cup)</td> <td>300 mg</td> </tr> <tr> <td>Tofu, regular, with calcium (3 oz)</td> <td>298 mg</td> </tr> <tr> <td>Collards, boiled (1 cup)</td> <td>266 mg</td> </tr> <tr> <td>Spinach, boiled (1 cup)</td> <td>245 mg</td> </tr> <tr> <td>Soy nuts, (1 cup)</td> <td>237 mg</td> </tr> <tr> <td>Turnip greens, boiled (1 cup)</td> <td>197 mg</td> </tr> <tr> <td>Pink salmon with bone, canned (3 oz)</td> <td>181 mg</td> </tr> <tr> <td>Red kidney beans, boiled (1 cup)</td> <td>169 mg</td> </tr> <tr> <td>Great northern beans, canned (1 cup)</td> <td>139 mg</td> </tr> <tr> <td>Navy beans, canned (1 cup)</td> <td>123 mg</td> </tr> <tr> <td>Pinto beans, canned (1 cup)</td> <td>103 mg</td> </tr> </table> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>DAILY RECOMMENDATION</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>1,000 mg</p> <p>Men 19-70 Years</p> </div> <div style="text-align: center;"> <p>1,000 mg</p> <p>Women 19-50 Years</p> </div> </div> <hr/> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>1,200 mg</p> <p>Men 71+ Years</p> </div> <div style="text-align: center;"> <p>1,200 mg</p> <p>Women 51+ Years</p> </div> </div> </div> <div style="text-align: right;"> <p>World Plant Milk Day is on August 22.</p> <p><i>Plant-based milk is lactose-free, so for those who like milk as a beverage but do not tolerate dairy well, try a plant-based milk! Most brands are calcium-fortified to have similar calcium content as dairy milk.</i></p> <p>To get good overall nutrition, it is worthwhile to eat a variety of calcium rich</p> </div> </div>				FOODS	CALCIUM	Sardines, canned (3 oz)	324 mg	Orange juice, with calcium (1 cup)	300 mg	Soy milk, (1 cup)	300 mg	Tofu, regular, with calcium (3 oz)	298 mg	Collards, boiled (1 cup)	266 mg	Spinach, boiled (1 cup)	245 mg	Soy nuts, (1 cup)	237 mg	Turnip greens, boiled (1 cup)	197 mg	Pink salmon with bone, canned (3 oz)	181 mg	Red kidney beans, boiled (1 cup)	169 mg	Great northern beans, canned (1 cup)	139 mg	Navy beans, canned (1 cup)	123 mg	Pinto beans, canned (1 cup)	103 mg
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Macanese Chicken Red Pepper Brown Rice Broccoli	Hoisin Pork Medallion Vegetable Fried Rice Orange Tofu Edamame Winter Vegetables	Beef Bourguignon Whole Wheat Rotini Br.Sprouts & Carrots																																
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