

SEPTEMBER 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Keep it clean Before you eat or handle food, wash your hands, food prep tools and surfaces.</p> <p>2 Cook to the right temperature Use a food thermometer to check that foods are cooked to the right temperature: 165°F for chicken and 160°F for ground beef.</p>			1-Sep	2-Sep	3-Sep	4-Sep
			WELLNESS	WELLNESS	WELLNESS	WELLNESS
			Balsamic Drumsticks Red Pepper Sauce Wheat Berry Pilaf Green Beans	Turkey Breast Red Mole Sauce Mexican Brown Rice & Beans Eggplant & Tomatoes	Blackened Salmon Dijon Sauce Quinoa w/Artichokes Garlic-Herb Carrots	Chicken Thigh Cannellini Cacciatore Herb Polenta & Ricotta Green Beans
			RENAL	RENAL	RENAL	RENAL
Pineapple Chicken Red Pepper Sauce Wheat Berry Pilaf Cauliflower	Roasted Turkey Breast Red Mole Sauce Brown Rice Capri Mixed Veg	Blackened Salmon Dijon Sauce Quinoa w/Artichokes Cauliflower	Beef Potato Dill Stew Orzo Green Beans			
BLAND	BLAND	BLAND	BLAND			
Tuna & Veg Frittata Herb Sauce White Rice	Roasted Turkey Breast Parsnip-Carrot Sauce Orzo	Chicken Casserole White Rice Eggplant Saute	Beef Potato Dill Stew White Rice w/Herbs Green Beans			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN			
Vegetarian Moussaka Red Pepper Sauce Wheat Berry Pilaf Garden Mixed Veg	Enchilada Casserole Peas	Lentil-Stuffed Pepper Savory Tomato Relish	Roasted Savory Tofu Balsamic Portabello Cannellini Cacciatore Herb Polenta & Ricotta			
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken & Bean Chili Brown Rice Pilaf Garden Mixed Veg	Chicken Breast Creamy Tomato Sauce Wild Rice Pilaf Corn w/Mushrooms	BBQ Chicken Stew Vegetable Fried Rice Broccoli	Moroccan Beef Stew Brown Rice Pilaf Broccoli-Cauliflower	Chicken Drumstick Lemon Caper Sauce Brown Rice Pilaf Artichoke Provencal	Meatloaf Florentine Blk Pepper Parmesam Sauce Squash Kale Quinoa Garden Mixed Veg	Baked Salmon Basil Garlic Bulgur Caponata Vegetables
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Chicken & Bean Chili Brown Rice Pilaf Garden Mixed Veg	Balsamic Pork Cutlet Creamy Tomato Sauce Wild Rice Pilaf Corn w/Mushrooms	BBQ Chicken Stew Vegetable Fried Rice Broccoli	Moroccan Beef Stew Couscous w/Feta Broccoli-Cauliflower	Cod Filet Lemon Caper Sauce Orzo Artichoke Provencal	Meatloaf Florentine Blk Pepper Parmesam Sauce Parsnip&SweetPotato Cauliflower	Tempeh Tuna Cake Caponata Vegetables Orzo Pilaf w/Peas
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin Mushroom Gravy Basil Pesto Sauce Orzo / Carrots	Beef Herb Stew White Rice Pilaf Green Beans	Chicken Stew White Rice w/Herbs Yellow Zucchini	Turkey Patty Bechamel Sauce Mashed Parsnips Capri Mixed Veg	Cod Filet Herb Sauce Orzo Mushroom Eggplant Saute	Yogurt Herb Chicken Basil Pesto Sauce White Rice Pilaf Capri Mixed Veg	Tempeh Tuna Cake Herb Sauce Orzo Capri Mixed Veg
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Baharat Tempeh Garbanzo & Veg Stew Brown Rice Pilaf Garden Mixed Veg	Tempeh Cauli Patty Creamy Tomato Sauce Wild Rice Pilaf Green Beans	Tofu Mushroom Adobo Vegetable Fried Rice Broccoli	Zucchini & Pepper Frittata Couscous w/Feta Broccoli-Cauliflower	Tempeh Meatballs Artichoke Provencal Whole Wheat Rotini Green Beans	White Bean Spinach Casserole Garden Mixed Veg	Tempeh-Tofu Loaf Orzo Pilaf w/Peas Caponata Vegetables
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Chicken Breast Ginger BBQ Sauce Turmeric Brown Rice OrangeTofu & Edamame	Chicken Casserole Red Pepper Sauce Whole Wheat Rotini	Baked Salmon Black Bean Sauce Pineapple Brown Rice Capri Mixed Veg	Pork & Chickpea Stew Spanish Brown Rice Carrot & Green Beans	Beef Bourguignon Squash Kale Quinoa Garden Mixed Veg	Turkey Breast Mushroom & Herb Sauce Garlic Wild Rice	Beef & Turkey Meatball Zesty Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Cod Filet White Rice w/Herbs OrangeTofu & Edamame	Chicken Breast Red Pepper Sauce White Rice w/Herbs Garden Mixed Veg	Citrus Chicken Breast Bell Pepper Relish Pineapple Brown Rice Green Beans	Pork & Chickpea Stew Spanish Brown Rice Broccoli	Roasted Pork Loin Garden Veg Chili Brown Rice Brussel Sprouts	Balsamic Chicken Breast Mushroom & Herb Sauce White Rice Broccoli	Beef & Turkey Meatball Zesty Tomato Sauce Whole Wheat Rotini Cauliflower

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Cod Filet Vegetable Fricassee White Egg Noodle Green Beans	Chicken Breast Cream of Celery Sauce Orzo & 'Shrm Pilaf Garden Mixed Veg	Cod Filet Zucchini & Tofu Pasta Carrot & Green Beans	Pork Stew, Continent White Egg Noodle Capri Mixed Veg	Roasted Pork Loin Carrot Ricotta Sauce White Egg Noodle Garden Mixed Veg	Turkey Eggplant Torta White Rice Green Beans	Chicken Casserole White Rice w/Herbs Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetarian Ranchero Stew Tumeric Brown Rice Broccoli	Baharat Tempeh Cauli-Lentil Tagine Brown Rice Pilaf	Tofu Egg Foo Young Bell Pepper Relish Pineapple Brown Rice Green Beans	Jalapeno Popper Frittata Pumpkin Seed Sauce Spanish Brown Rice Peas	Southwest Tofu Garden Veg Chili Brown Rice	Balsamic Portabello Bean & Peppers Saute Garlic Wild Rice	Vegetable Lasagna Zesty Tomato Sauce Garlic-Herb Carrots
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
White Fish Cakes Caper-Dill Sauce Brown Rice Pilaf Root Veg Hash	Dijon Pork Cutlet Marsala Sauce Brown Rice Pilaf Mashed Potatoes Carrot & Green Beans	Chicken-Lentil Stew Whole Wheat Rotini Garlic-Herb Carrots	Spiced Chicken Thigh Salsa Verde Brown Rice w/Beans Spicy Green Beans	Turkey Tetrizzini Whole Wheat Rotini Br.Sprouts & Carrots	Beef Stroganoff Whole Wheat Rotini Garden Mixed Veg	Chicken-Spinach Stew Whole Wheat Rotini Garden Mixed Veg
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
White Fish Cakes Caper-Dill Sauce Orzo Br.Sprouts & Carrots	Dijon Pork Cutlet Marsala Sauce White Egg Noodle Carrot & Green Beans	Beef Stroganoff Whole Wheat Rotini Brussel Sprouts	Jalapeno Popper Frittata Pumpkin Seed Sauce White Rice Capri Mixed Veg	Turkey Tetrizzini Whole Wheat Rotini Br.Sprouts & Carrots	Tempeh Lasagna Broccoli	Turkey Patty Puttanesca Sauce Whole Wheat Rotini GreenBeans & Peppers
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Turkey & Veg Frittata White Rice Green Beans	Cod Filet Vegetable Fricassee Orzo Capri Mixed Veg	Chicken Breast Potato Cream Sauce Orzo & 'Shrm Pilaf Yellow Zucchini	Turkey Patty ShroomAlfredo Sauce White Egg Noodle Capri Mixed Veg	BeefFricassee w/Tofu White Rice w/Herbs Green Beans	Chicken Casserole Carrots	Roasted Pork Loin Creamy Dill Sauce Orzo Capri Mixed Veg
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spinach Frittata Quinoa,Feta & Chickpea Brussel Sprouts	Tomato Eggplant Bake Spinach Pepper Polenta Carrot & Green Beans	Spiced Tempeh Cake Sweet Potato Chipotle Quinoa Pilaf Brussel Sprouts	Tofu Sweet Potato Hash Pumpkin Seed Sauce Brown Rice Spicy Green Beans	Lentil Casserole Brussel Sprouts	Tempeh Lasagna Peas	Quinoa Caprese Bake Green Beans & Peppers
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>3 Watch the clock</p> <p>Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's 90°F or warmer.</p> </div> <div style="width: 45%;"> <p>4 Serve at the right temperature</p> <p>Keep hot foods at 140°F or warmer, and cold foods at 40°F or colder.</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p>www.cdc.gov/foodsafety</p> <p><small>CS272887-8</small></p> </div> <p><i>Older Adults have a higher risk of foodborne illness because as people age, their immune systems and organs don't recognize and get rid of harmful germs as well as they once did. Younger people with weakened immune systems are also at higher risk than healthy adults. Know your risk level!</i></p>	
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		
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		
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		
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		