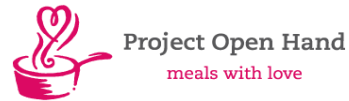




OCTOBER 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Feel Good Food						
<p>Life can be hectic. It can be stressful. The environment around us can have a big impact on how we think and feel each day. Our diet is one thing we can use to help our bodies manage this stress and maintain a balanced mood. While there is no single nutrient connected to mood and brain health, we do know that certain foods give our brains the best fuel to stay sharp, think clearly and feel good.</p> <p>So, which foods are we talking about?</p> <p>Studies tell us that colorful vegetables, whole grains, legumes, moderate amounts of fish and lean (low-fat) meat, and healthy (unsaturated) fats are our allies for brain and mental health! Eating a balanced diet of these foods may lower our risk of cognitive decline as we age and reduce our risk of depression.</p> <p>Foods that support a good mood do so because they</p> <ul style="list-style-type: none"> • Keep our blood sugar level stable, • Help reduce inflammation, and • Feed our gut, where 90% of receptors for serotonin, a mood-boosting hormone, are found! <p>World Mental Health Day is on October 10. Take a moment to check in with yourself and take care of yourself. Perhaps with a meal made with love.</p>						
				<p>1-Oct REGULAR Turkey Picadillo Herb Sauce Brown Rice / Broccoli</p> <p>DIABETIC Turkey Picadillo Herb Sauce Brown Rice / Broccoli</p> <p>RENAL Stuffed PepperTurkey Picadillo House Enchilada Sauce White Rice w/Herbs / Cauliflower</p> <p>BLAND Turkey Picadillo Cream of Celery White Rice w/Herbs / Eggplant Zucc Saute</p> <p>VEGETARIAN Three Bean Tofu Brown Rice Garden Mixed Veg</p>	<p>2-Oct REGULAR Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg</p> <p>DIABETIC Roasted ChickenThigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg</p> <p>RENAL Tempeh Burrito Casserole Garlic Confit Brussel Sprouts</p> <p>BLAND Tempeh Tuna Cake Creamy Basil Sauce Orzo / Root Veg Chickpea Hash</p> <p>VEGETARIAN Tempeh Burrito Casserole House Enchilada Sauce Br.Sprouts & Carrots</p>	<p>3-Oct REGULAR Pork-Chickpea Stew Brown Rice Broccoli</p> <p>DIABETIC Pork-Chickpea Stew Brown Rice Broccoli</p> <p>RENAL Roasted Pork Loin Blackeyed Peas & Peanut Stew White Rice / Garlic Confit</p> <p>BLAND Beef Tofu Fricassee Mashed Potatoes* Green Beans</p> <p>VEGETARIAN Roasted Tofu Cutlets Blk-Eyed Pea Peanut Stew Brown Rice</p>
<p>4-Oct REGULAR Roasted ChickenThigh Rosemary-Onion Sauce Brown Rice / Garden Mixed Veg</p> <p>DIABETIC Roasted ChickenThigh Rosemary-Onion Sauce Brown Rice / Carrots</p> <p>RENAL Chicken Breast Rosemary-Onion Brown Rice / Garden Mixed Veg</p> <p>BLAND Pork & Root Veg Stew Orzo Pilaf w/ Lentil Capri Mix Veg</p> <p>VEGETARIAN OrangeTofu & Edamame Brown Rice</p>	<p>5-Oct REGULAR Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onion:</p> <p>DIABETIC Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onion:</p> <p>RENAL Roasted Pork Loin Zesty Tomato Sauce V Rotini / Spicy Cabbage & On</p> <p>BLAND Roasted Pork Loin Potato Cream Sauce Egg Noodle / Mushroom & Veg</p> <p>VEGETARIAN Eggplant Parmesan Zesty Tomato Sauce WW Rotini / Broccoli</p>	<p>6-Oct REGULAR Chicken Cacciatore WW Rotini Green Beans</p> <p>DIABETIC Chicken Cacciatore WW Rotini Green Beans</p> <p>RENAL Chicken Cacciatore WW Rotini Green Beans</p> <p>BLAND Turkey Patty w/Herbs Eggplant Mushroom Sc Orzo / Green Beans</p> <p>VEGETARIAN Roasted Southwest Tempeh Garbanzo & Veg Stew Wheat Berry Pilaf / Green Beans</p>	<p>7-Oct REGULAR Tilapia / Parsley Sauce Brown Rice Artichoke Provencal</p> <p>DIABETIC Tilapia / Parsley Sauce Brown Rice Artichoke Provencal</p> <p>RENAL Blackened Chicken Breast Balsamic Onion Relish Cheddar Grits / Capri Mixed Veg</p> <p>BLAND Chicken Breast Creamy Basil Sauce heddar Grits / Carrots & Green Bear</p> <p>VEGETARIAN CajunTofu w/RedBeans Cheddar Grits Garden Mixed Veg</p>	<p>8-Oct REGULAR Beef Curry* Coconut Brown Rice Broccoli</p> <p>DIABETIC Beef Curry Brown Rice Pilaf Broccoli</p> <p>RENAL Beef Curry* Coconut Brown Rice Broccoli</p> <p>BLAND Beef & 'Shrm Stroganoff White Egg Noodles Peas & Carrots</p> <p>VEGETARIAN Lima Bean Tofu Curry Coconut Brown Rice Broccoli</p>	<p>9-Oct REGULAR Roasted TurkeyBreast Quinoa Pilaf Garden Mixed Veg</p> <p>DIABETIC Roasted TurkeyBreast Quinoa Pilaf Carrots&GreenBeans</p> <p>RENAL RoastedTurkeyBreast Quinoa Pilaf Zucchini Mushroom Sc</p> <p>BLAND Roasted Turkey Breast Mashed Sweet Potato Zucchini 'Shroom Sauce</p> <p>VEGETARIAN Kung Pao Tofu* Quinoa Pilaf Peas & Carrots</p>	<p>10-Oct REGULAR Chicken Pomodoro WW Rotini Capri Mix Veg</p> <p>DIABETIC Chicken Pomodoro WW Rotini Capri Mixed Veg</p> <p>RENAL Tilapia / Bell Pepper Relish Brown Rice & Beans Brussel Sprouts</p> <p>BLAND Baked Tilapia Orzo Pial w/ Peas Eggplant Saute</p> <p>VEGETARIAN Blackened Roasted Tofu Sweet Potato Chipotle Sauce Brown Rice & Beans / Cauliflower</p>
<p>11-Oct REGULAR Braised Pork Loin w/Tomato Herb Sauce Turmeric Brown Rice / Green Beans</p> <p>DIABETIC Braised Pork Loin w/Tomato Herb Sauce Turmeric Brown Rice / Garden Mixed Veg</p> <p>RENAL Braised Pork Loin Herb Sauce Turmeric Brown Rice / Garden Mixed Veg</p>	<p>12-Oct REGULAR Beef Stroganoff WW Rotini Br.Sprouts & Carrots</p> <p>DIABETIC Beef Stroganoff WW Rotini Br.Sprouts & Carrots</p> <p>RENAL Beef Stroganoff White Egg Noodles Carrots</p>	<p>13-Oct REGULAR Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower</p> <p>DIABETIC Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower</p> <p>RENAL Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli</p>	<p>14-Oct REGULAR Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts</p> <p>DIABETIC Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts</p> <p>RENAL Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts</p>	<p>15-Oct REGULAR Tilapia Peppers & Onions Brown Rice w/Beans / Capri Mix Veg</p> <p>DIABETIC Tilapia Rice, Beans & Sweet Potato Peppers & Onions / Capri Mix Veg</p> <p>RENAL Baked Tilapia Brown Rice Peppers & Onions / Capri Mixed Veg</p>	<p>16-Oct REGULAR Beef&TurkeyMeatballs Mushroom Herb Sauce WW Rotini / Garlic-Herb Carrots</p> <p>DIABETIC Beef & Turkey Meatballs Mushroom Herb Sauce WW Rotini/Garlic-Herb Carrots</p> <p>RENAL Beef & Turkey Meatballs Mushroom Herb Sauce White Egg Noodle / Green Beans</p>	<p>17-Oct REGULAR Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg</p> <p>DIABETIC Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg</p> <p>RENAL Mex-Spiced Chicken Breast Salsa Verde Quinoa Pilaf / Garden Mixed Veg</p>



OCTOBER 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11-Oct BLAND Roasted Pork Loin Apple RaisinCelerySc Orzo / Peas & Carrots VEGETARIAN Tofu Burger-Balls Herb Sauce Tumeric Brown Rice / Garden Mixed Veg	12-Oct BLAND Chicken Breast Alfredo Sauce White Egg Noodles / Carrots VEGETARIAN Swedish Tempeh Veg Balls Alfredo Sauce WW Rotini / Brussel Sprouts	13-Oct BLAND Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles / Green Beans VEGETARIAN Stuffed ShrmWildRice Marsala Sauce WW Rotini / Broccoli-Cauliflower	14-Oct BLAND Chicken Eggplant Stew Orzo Carrots & Green Beans VEGETARIAN Falafel Patty Smokey Eggplant Sauce Quinoa Pilaf / Brussel Sprouts	15-Oct BLAND Baked Tilapia Cream of Celery Sauce White Rice w/Herbs / Peas & Carrots VEGETARIAN Tempeh-Tofu Loaf Wheat Berry Pilaf Peppers & Onions	16-Oct BLAND Beef Stew White Egg Noodles Zucchini VEGETARIAN Stuffed Pepper Veg Loaf Mushroom Herb Sauce WW Rotini /Garlic-Herb Carrots	17-Oct BLAND White Turkey Lasagna Peas VEGETARIAN Tofu & Bean Chile Verde Quinoa Pilaf Garden Mixed Veg
18-Oct REGULAR Tilapia Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg DIABETIC Tilapia Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg RENAL Baked Tilapia Mushroom Ragout Dirty Brown Rice / Peas & Carrots BLAND Baked Tilapia Zucchini 'Shroom Sauce White Rice w/Herbs / Peas & Carrots VEGETARIAN Split Pea-CauliPatty Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	19-Oct REGULAR Chicken Drumsticks Baked Beans w/Kale Garden Mixed Veg DIABETIC Chicken Drumsticks Baked Beans w/Kale Garden Mixed Veg RENAL Pork Potato Herb Stew Orzo Green Beans BLAND Pork Potato Herb Stew Orzo Green Beans VEGETARIAN Tofu Burger Baked Beans w/Kale Cauliflower	20-Oct REGULAR BBQ Pork Brown Rice Capri Mix Veg DIABETIC BBQ Pork Brown Rice Capri Mix Veg RENAL BBQ Pork Brown Rice Capri Mixed Veg BLAND Chicken Breast Creamy Pea & Cheese Sauce White Egg Noodles / Mushroom Veg Sa	21-Oct REGULAR Tilapia Bell Pepper Relish Quinoa Pilaf / Garden Mixed Veg DIABETIC Tilapia Bell Pepper Relish Quinoa Pilaf / Carrots RENAL White Fish Cakes Basil & Parsley Sauce Quinoa Pilaf / Garden Mixed Veg BLAND Tuna & Veg Frittata Basil & Parsley Sauce Orzo / Capri Mixed Veg VEGETARIAN CurriedLentilCassero Garden Mixed Veg	22-Oct REGULAR Roasted Turkey Breast Red Mole Sauce Brown Rice & Beans / Broccoli DIABETIC Roasted Turkey Breast Red Mole Sauce Brown Rice & Beans / Broccoli RENAL Roasted Turkey Breast Red Mole Sauce Brown Rice / Capri Mixed Veg BLAND Roasted Turkey Breast Parsnip Carrot Sauce Mashed Potatoes / Zucchini VEGETARIAN TofuSweet PotatoHash Red Mole Sauce Brown Rice & Beans / Broccoli	23-Oct REGULAR Beef Fajita Stew Brown Rice & Beans Carrots & Green Beans DIABETIC Beef Fajita Stew Brown Rice & Beans Carrots & Green Beans RENAL Beef Fajita Stew Brown Rice & Beans BLAND Chicken Tortilla Sweet Potato Cassero Green Beans VEGETARIAN Vegetarian Ranchero Garlic Confit Brown Rice & Beans	24-Oct REGULAR Roasted Chicken Thigh Paprikash Sauce WW Rotini / Brussel Sprouts DIABETIC Roasted Chicken Thigh Paprikash Sauce WW Rotini / Brussel Sprouts RENAL Beef Potato Dill Stew WW Rotini Brussel Sprouts BLAND Beef Potato Dill Stew White Rice Eggplant Saute VEGETARIAN Tempeh Cauliflower & Garbanzo Patty Paprikash Sauce WW Rotini / Brussel Sprouts
25-Oct REGULAR Pork Loin w/Rosemary Red Wine Sauce WW Rotini / Carrots DIABETIC Pork Loin w/Rosemary Red Wine Sauce WW Rotini / Carrots RENAL Pork Loin w/Rosemary White Rice Pilaf Mushroom Veg Saute BLAND Roasted Pork Loin Mushroom Gravy Mashed Parsnip & Potato / Carrots VEGETARIAN Tempeh-Tofu Loaf Bechamel Sauce Mashed Parsnips & Potatoes / Broccoli	26-Oct REGULAR Tilapia Sweet & Sour Sauce Brown Rice Pilaf / Stir Fry Veg DIABETIC Tilapia Sweet & Sour Sauce Brown Rice Pilaf / Stir Fry Veg RENAL Baked Tilapia Sweet & Sour Sauce White Rice / Stir Fry Veg BLAND Baked Tilapia Mushroom Veg Saute White Rice Pilaf VEGETARIAN Tofu Veg Jambalaya Brown Rice Pilaf Stir Fry Veg	27-Oct REGULAR Chicken Jambalaya Brown Rice Spicy Green Beans DIABETIC Chicken Jambalaya Brown Rice Spicy Green Beans RENAL Chicken Jambalaya Brown Rice Spicy Green Beans BLAND Chicken Stew Orzo Zucchini VEGETARIAN Tempeh Chilaquiles Rojo Brown Rice Cauliflower	28-Oct REGULAR Turkey Meatloaf Parmesan Sauce WW Rotini / Winter Vegetables DIABETIC Turkey Meatloaf Parmesan Sauce WW Rotini / Winter Vegetables RENAL Turkey Meatloaf Parmesan Sauce White Rice / Brussel Sprouts BLAND Turkey Patty w/Herbs Bechamel Sauce Mashed Potatoes / Peas & Carrots VEGETARIAN Stuffed Shrm Wild Rice Parmesan Sauce WW Rotini / Winter Vegetables	29-Oct REGULAR Moroccan Beef Stew Brown Rice Pilaf Broccoli DIABETIC Moroccan Beef Stew Brown Rice Pilaf Broccoli RENAL Moroccan Beef Stew Brown Rice Pilaf Broccoli BLAND Beef Herb Stew Orzo Green Beans VEGETARIAN Zucchini Frittata Brown Rice Pilaf Broccoli	30-Oct REGULAR Soy Garlic Braised Sesame Garlic Rice Capri Mix Veg / Broccoli-Cauliflower DIABETIC Soy Garlic Braised Sesame Garlic Rice Broccoli-Cauliflower RENAL Soy Garlic Chicken Sesame Garlic Rice Capri Mixed Veg BLAND Yogurt Herb Chicken Basil Pesto White Rice Pilaf / Capri Mix Veg VEGETARIAN Mu Shu Tofu & Veg Sesame Garlic Rice Broccoli	31-Oct REGULAR Roasted ChickenThigh Creamy Basil Sauce Quinoa w/Feta & Garlic-Herb Carrots DIABETIC Roasted ChickenThigh Creamy Basil Sauce Quinoa w/Feta & Garlic-Herb Carrots RENAL Tempeh Tuna Cake Bell Pepper Relish White Rice / Carrots BLAND Tempeh Tuna Cake Herb Sauce Orzo Pilaf w/ Peas & Carrots VEGETARIAN Spiced Tempeh Cake Bell Pepper Relish Brown Rice / Green Beans