




# NOVEMBER 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>	<b>5-Nov</b>	<b>6-Nov</b>	<b>7-Nov</b>
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Tilapia TurkishPea Veg Stew Tumeric Brown Rice / Capri Mix Veg	Chicken Drumsticks Red Pepper Sauce Quinoa w/Feta / Green Beans	Beef Bourguignon WW Rotini Capri Mix Veg	Roasted ChickenThigh Brown Rice Pilaf Bean & Kale Ragout	Pork Chile Verde Brown Rice Capri Mix Veg	Roasted Turkey Breast Mushroom-Dijon Brown Rice Pilaf / Brussel Sprouts	Chicken Tikka Masala BrownRice & Veggies Carrots
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Tilapia TurkishPea Veg Stew Tumeric Brown Rice / Capri Mix Veg	Chicken Drumsticks Red Pepper Sauce Quinoa w/Feta / Green Beans	Beef Bourguignon WW Rotini Capri Mix Veg	Roasted ChickenThigh Brown Rice Pilaf Bean & Kale Ragout	Pork Chile Verde Brown Rice Capri Mix Veg	Roasted TurkeyBreast Mushroom-Dijon Brown Rice Pilaf	Chicken Tikka Masala BrownRice & Veggies Carrots
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Baked Tilapia Turkish Pea Veg Stew Tumeric Brown Rice / Capri Mixed Veg	Chicken Breast Red Pepper Sauce Herbed White Rice / Garden Mixed Veg	Beef Bourguignon WW Rotini Carrots&GreenBeans	Chicken Breast Parsley Sauce White Rice / Vegetable Fricassee	Pork Chile Verde Brown Rice Capri Mix Veg	Chicken Breast Mushroom-Dijon Herbed White Rice / Brussel Sprouts	Chicken Tikka Brown Rice Carrots
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Baked Tilapia Vegetable Fricassee White Rice w/Herbs	Chicken Breast ZucchiniTofuPastaCas	Beef & Corn Chowder White Rice Carrots &Green Beans	ContinentalPorkStew White Egg Noodles Capri Mix Veg	MushrmZucchQuiche Peas	TurkeyEggplantTorta White Rice Green Beans	Chicken TortillaCass Green Beans
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Roasted SW Tempeh/ TurkishPea VegStew Tumeric Brown Rice Capri Mix Veg	Vegetarian Moussaka Red Pepper Sauce Herbed Polenta / Garden Mixed Veg	Tofu Mushroom Stroganoff WW Rotini Peas & Carrots	Roasted Tempeh Bean & Kale Ragout Brown Rice Pilaf	Zucchini Tofu Pasta Bell Pepper Relish Capri Mixed Veg	Veggie Loaf Mushroom-Dijon Mashed Sweet Potato / Brussel Sprouts	Spiced Tempeh Cake Smokey Eggplant Shrm Sauce Brown Rice / Carrots
<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>	<b>12-Nov</b>	<b>13-Nov</b>	<b>14-Nov</b>
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Blackened Chicken Herbed Polenta Creole Vegetables	Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	Braised Pork Loin / Zesty Tomato Sauce Baked Pasta w/Greens Cauliflower	Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	Spicy Beef Stew Sesame Brown Rice Carrots&GreenBeans	Chicken Tinga Brown Rice Garden Mixed Veg	Meatloaf Florentine WW Rotini Caponata Sauce
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Blackened Chicken Herbed Polenta Creole Vegetables	Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	Braised Pork Loin / Zesty Tomato Sauce Baked Pasta w/Greens Carrots	Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	Spicy Beef Stew Sesame Brown Rice Carrots & Green Beans	Chicken Tinga Brown Rice Garden Mixed Veg	Meatloaf Florentine Caponata Sauce WW Rotini / Green Beans
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Jalapeno Popper Frittata Pasta w/Greens	Baked Tilapia Mushroom Ragout Brown Rice / Peas & Carrots	Chicken Breast Zesty Tomato Sauce Brown Rice / Cauliflower	Turkey Meatballs Turkey Gravy WW Rotini / Braised Cabbage	Spicy Beef Stew Sesame Garlic Brown Rice Carrots & Green Beans	Chicken Tinga Brown Rice Garden Mixed Veg	Meatloaf Florentine Herbed Polenta Caponata Sauce
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Turkey Veg Frittata Herb Sauce White Rice / Green Beans	Baked Tilapia Creamy Dill Sauce Orzo / Peas	Chicken Breast Potato Cream Sauce Orzo Pilaf w/ Peas & Green Beans	Turkey Meatballs / Mushroom Alfredo White Egg Noodle Capri Mixed Veg	Pea Tuna Ricotta Frittata Orzo Green Beans	Chix Shrm Noodle Casserole Carrots	Roasted Pork Loin Cheddar Grits Eggplant Saute
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Jalapeno Popper Frittata Baked Pasta w/Greens Creole Vegetables	Roasted Tempeh White Bean Sweet Potato Casserole Capri Mixed Veg	Roasted Veg Lasagna Zesty Tomato Sauce Cauliflower	Swedish Tempeh Veg Balls Mushroom Sage Gravy WW Rotini /Brussel Sprouts	Orange Tofu & Edamame Sesame Garlic Brown Rice	Roasted Tofu Brown Rice Garden Veg Bean Chili	Tofu Burger-Balls Herbed Polenta Caponata Sauce
<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>	<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Chicken Drumsticks Ginger BBQ Sauce* Brown Rice / Cauliflower Tagine	Beef Birria Brown Rice & Beans Garden Mixed Veg	Pork Mole Brown Rice Capri Mix Veg	Chicken Breast Brown Rice Vegetables w/Coconut	Tilapia Dijon Sauce Quinoa Pilaf / Capri Mix Veg	Turkey Bolognese WW Rotini Brussel Sprouts	Tandori Chicken / Golden Lentil Dahl Brown Rice w/Ginger Capri Mix Veg
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Chicken Drumsticks Ginger BBQ Sauce Brown Rice / Cauliflower Tagine	Beef Birria Brown Rice & Beans Carrots & Green Beans	Pork Mole Brown Rice Carrots	Chicken Breast Brown Rice Vegetables w/Coconut	Tilapia Dijon Sauce Quinoa Pilaf / Carrots & Green Beans	Turkey Bolognese WW Rotini Brussel Sprouts	Cumin Spiced Chicken / Golden Lentil Dahl BrownRice & Veggies Capri Mixed Veg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>15-Nov</b> <b>RENAL</b> Chicken Breast Red Pepper Sauce Brown Rice / Cauliflower Tagine <b>BLAND</b> Chicken Breast / Parsnip Puree Orzo Pilaf w/ Shrm & Peas Green Beans <b>VEGETARIAN</b> Roasted Tofu Red Pepper Sauce Brown Rice/ Cauliflower Tagine	<b>16-Nov</b> <b>RENAL</b> Beef Birria Brown Rice Garden Mixed Veg <b>BLAND</b> Beef Rosemary Stew Orzo Pilaf+ Lentil PC Capri Mix Veg <b>VEGETARIAN</b> Spinach Frittata Brown Rice & Beans Garden Mixed Veg	<b>17-Nov</b> <b>RENAL</b> Pork Mole Brown Rice Capri Mixed Veg <b>BLAND</b> Pork Stew White Egg Noodles Peas <b>VEGETARIAN</b> Enchilada Casserole Broccoli	<b>18-Nov</b> <b>RENAL</b> Chicken Breast Herbed White Rice Vegetables w/Coconut <b>BLAND</b> Chicken Breast / Bechamel Sauce Orzo Root Veg & Chickpea Hash <b>VEGETARIAN</b> Marinated Baked Tempe Brown Rice Vegetables w/Coconut	<b>19-Nov</b> <b>RENAL</b> Baked Tilapia Herbed White Rice Hearty Vegetable Stew <b>BLAND</b> Baked Tilapia Carrot Ricotta Herb Sauce White Egg Noodles / Green Beans <b>VEGETARIAN</b> Barley Red Bean Brown Rice Hearty Vegetable Stew	<b>20-Nov</b> <b>RENAL</b> Turkey Bolognese White Egg Noodles Brussel Sprouts <b>BLAND</b> White Turkey & Shrm Ragout White Egg Noodles Peas & Carrots <b>VEGETARIAN</b> Roasted Tofu / Balsamic Portabello Cannellini Bean Cacciatore Herbed Polenta	<b>21-Nov</b> <b>RENAL</b> Pineapple Glazed Chicken Ginger Garlic Sauce Brown Rice / Green Beans <b>BLAND</b> Yogurt Herb Chicken Mushroom Alfredo Orzo Pilaf w/ Peas & Green Beans <b>VEGETARIAN</b> Curry-Spiced Tofu Golden Lentil Dahl Tumeric Brown Rice / Kale Saute
<b>22-Nov</b> <b>REG S21W7D1</b> Chicken Breast Mushroom Alfredo WW Rotini / Broccoli <b>DM S21W7D1</b> Chicken Breast Mushroom Alfredo WW Rotini / Broccoli <b>RENAL S21W7D1</b> Balsamic Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodle / Green Beans <b>BLAND S21W7D1</b> Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodles / Mushroom Veg Saute <b>VEG S21W7D1</b> Tofu Burger Chickpea Gravy WW Rotini / Broccoli	<b>23-Nov</b> <b>REGULAR</b> Chicken Chilaquiles Brown Rice Garden Mixed Veg <b>DIABETIC</b> Chicken Chilaquiles Brown Rice Garden Mixed Veg <b>RENAL</b> Goan Pork Asado Brown Rice Carrots & Green Beans <b>BLAND</b> Baked Tilapia Creamy Dill Sauce White Egg Noodles / Capri Mix Veg <b>VEGETARIAN</b> Spiced Tempeh Cake Spinach Lemon Herb Brown Rice / Cauliflower	<b>24-Nov</b> <b>REGULAR</b> Beef & Lentil Stew Brown Rice Green Beans <b>DIABETIC</b> Beef & Lentil Stew Brown Rice Green Beans <b>RENAL</b> English Pea Ricotta Fri Balsamic Onion Relish White Rice / Broccoli <b>BLAND</b> Roasted Pork Loin Mashed Potatoes Mushroom Veg Saute <b>VEGETARIAN</b> English Pea Ricotta Frittata Balsamic Onion Relish WW Rotini / Carrots	<b>25-Nov</b> <b>REGULAR</b> Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg <b>DIABETIC</b> Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg <b>RENAL</b> Pineapple Glazed Chix Ginger Orange Sauce Brown Rice / Stir Fry Veg <b>BLAND</b> Chicken Corn Chowder White Rice w/Herbs Carrots & Green Beans <b>VEGETARIAN</b> Stuffed Pepper w/ Onions & Vegetables Ginger & Orange Sauce Brown Rice / Stir Fry Veg	<b>26-Nov</b> <b>REGULAR</b> Turkey Picadillo Herb Sauce Brown Rice / Broccoli <b>DIABETIC</b> Turkey Picadillo Herb Sauce Brown Rice / Broccoli <b>RENAL</b> Stuffed Pepper Turkey Picadillo House Enchilada Sauce White Rice w/Herbs / Cauliflower <b>BLAND</b> Turkey Picadillo Cream of Celery White Rice w/Herbs / Eggplant Zucc Saute <b>VEGETARIAN</b> Three Bean Tofu Brown Rice Garden Mixed Veg	<b>27-Nov</b> <b>REGULAR</b> Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg <b>DIABETIC</b> Roasted Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg <b>RENAL</b> Tempeh Burrito Casserole Garlic Confit Brussel Sprouts <b>BLAND</b> Tempeh Tuna Cake Creamy Basil Sauce Orzo / Root Veg Chickpea Hash <b>VEGETARIAN</b> Tempeh Burrito Casserole House Enchilada Sauce Br. Sprouts & Carrots	<b>28-Nov</b> <b>REGULAR</b> Pork-Chickpea Stew Brown Rice Broccoli <b>DIABETIC</b> Pork-Chickpea Stew Brown Rice Broccoli <b>RENAL</b> Roasted Pork Loin Blackeyed Peas & Peanut Stew White Rice / Garlic Confit <b>BLAND</b> Beef Tofu Fricassee Mashed Potatoes* Green Beans <b>VEGETARIAN</b> Roasted Tofu Cutlets Blk-Eyed Pea Peanut Stew Brown Rice
<b>29-Nov</b> <b>REGULAR</b> PORK LOIN w/ROSEMARY / KALE PESTO QUINOA w/ARTICHOKES GARLIC-HERB CARROTS <b>DIABETIC</b> PORK LOIN w/ROSEMARY/KALE PESTO QUINOA w/ARTICHOKES GARLIC-HERB CARROTS <b>RENAL</b> PORK LOIN w/ROSEMARY / GARLIC CONFIT WHITE RICE w/HERBS Creole Vegetables <b>BLAND</b> Roasted Pork Loin / Apple Raisin Sauce Orzo Green Beans <b>VEGETARIAN</b> Marinated Tempeh Ginger Garlic Sauce Brown Rice / Garlic-Herb Carrots	<b>30-Nov</b> <b>REGULAR</b> Beef Birria Beans Garden Mixed Veg <b>DIABETIC</b> Beef Birria Beans Garden Mixed Veg <b>RENAL</b> Chicken Breast / Alfredo Sauce Wheat Berry Pilaf Carrots <b>BLAND</b> Chicken Breast / Alfredo Sauce White Egg Noodle Carrots <b>VEGETARIAN</b> Barley Red Bean Burger Chipotle Chili Gravy Wheat Berry Pilaf / Brussel Sprouts					

## November is Diabetes Awareness Month



**Across**

5. High blood sugar. It occurs when the body does not have enough insulin or cannot use the insulin it does have to turn sugar into energy. Signs of this include excessive thirst, dry mouth and need to urinate often.

8. Promotes weight loss and improves insulin resistance.

10. Foods that have \_\_\_ have a big impact on blood sugar. The three main types are starches, sugar and fiber.

**Down**

1. Can slow the absorption of sugar and help improve blood sugar levels and normalize bowel movements.

2. Nerve damage can cause you to lose feeling in your \_\_\_. Take off your socks and shoes and examine them daily!

3. Low blood sugar. This occurs when a person with diabetes has injected too much insulin, eaten too little food, or has exercised without extra food. Symptoms may include feeling nervous, shaky, weak, or sweaty, and have a headache, blurred vision and hunger.

4. A simple sugar.

6. An organ of the body that produces insulin

7. Being sick, injured or under \_\_\_ can increase blood sugar levels.

9. High blood sugar slows \_\_\_ healing which may lead to infection and even amputation.

**Did you know...**

**Diabetes**  
 34.2 million people have diabetes. That's about 1 in every 10 people  
 1 in 5 don't know they have diabetes

**Prediabetes**  
 88 million adults - more than 1 in 3 - have prediabetes  
 More than 8 in 10 adults don't know they have prediabetes  
 If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.