














DECEMBER 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-Dec WELLNESS Smokey Drumsticks Cubana Sauce Wheat Berry Pilaf / Garden Mixed Veg	2-Dec WELLNESS Thai Turkey Burger Sweet Potato Cream Brown Rice w/Veggies / Broccoli-Cauliflower	3-Dec WELLNESS Cod Fillet Green Curry Sauce Basil Garlic Bulgur / Capri Mixed Veg	4-Dec WELLNESS Sage Chicken Thigh Red Wine Sauce Parsnip & Sweet Potato / Broccoli-Cauliflower	5-Dec WELLNESS Turkey Bolognese WW Rotini Winter Vegetables
RENAL Pork Loin w/Rosemary Garlic Confit White Rice w/Herbs / Creole Vegetables	RENAL Chicken Breast Alfredo Sauce Wheat Berry Pilaf / Carrots	RENAL Turkey Stuffed Pepper White Rice w/Herbs / Broccoli	RENAL Blackened Chicken Breast Paprikash Sauce Orzo w/Lentils / Spicy Cabbage & Onion	RENAL Cod Fillet Split Pea Sauce Basil Garlic Bulgur / Capri Mixed Veg	RENAL Vegetarian Mu Shu Tofu Brown Rice Green Beans	RENAL Turkey Lasagna Peas & Carrots
BLAND Roasted Pork Loin Apple Kaisin Sauce Orzo / Green Beans	BLAND Chicken Breast Alfredo Sauce White Egg Noodle / Carrots	BLAND Turkey Stuffed 'Shroom Bechamel Sauce White Egg Noodle / Garden Mixed Veg	BLAND Chicken Eggplant Stew Orzo Carrot & Green Beans	BLAND Cod Fillet Basil Pesto Sauce White Rice / Capri Mixed Veg	BLAND Beef Stew White Egg Noodle Yellow Zucchini	BLAND Turkey Lasagna Green Beans
VEGETARIAN Marinated Tempeh Ginger Garlic Sauce Brown Rice / Garlic-Herb Carrots	VEGETARIAN Barley Red Bean Burger Chipotle Chili Gravy Wheat Berry Pilaf / Brussel Sprouts	VEGETARIAN Spinach Frittata Brown Rice & Beans Garden Mixed Veg	VEGETARIAN Tempeh-Cauli Patty Paprikash Sauce WW Rotini / Spicy Cabbage & Onion	VEGETARIAN Blackened Tofu Split Pea Sauce Bulgur Pilaf / Capri Mixed Veg	VEGETARIAN Vegetarian Mu Shu Tofu Brown Rice Peas	VEGETARIAN Lentil Tofu Bolognese Garlic Confit WW Rotini / Spicy Green Beans
6-Dec WELLNESS Macanese Chicken Pepper Citrus Couscous Broccoli	7-Dec WELLNESS Pork Chile Verde Mexican Brown Rice Winter Vegetables	8-Dec WELLNESS Chinese Beef Stew Brown Rice Spicy Stir Fry Cabbage	9-Dec WELLNESS Balsamic Drumsticks Red Pepper Sauce Wheat Berry Pilaf / Green Beans	10-Dec WELLNESS Turkey Breast Red Mole Sauce Mexican Brown Rice&Beans / Capri Mixed Veg	11-Dec WELLNESS White Fish Cakes Savory Tomato Relish Baked Pasta w/Greens / Garlic-Herb Carrots	12-Dec WELLNESS Chicken Thigh Bean Cacciatore Herb Polenta & Ricotta / Green Beans
RENAL Cod Fillet Artichoke Spinach Sauce WW Kotini / Carrot & Green Beans	RENAL Pork & Potato Stew Green Beans Orzo w/Lentils	RENAL BBQ Pork w/Pineapple Brown Rice Capri Mixed Veg	RENAL White Fish Cakes Basil Pesto Sauce Wheat Berry Pilaf / Green Beans	RENAL Roasted Turkey Breast Red Mole Sauce Brown Rice / Capri Mixed Veg	RENAL Beef Fajita Stew Brown Rice & Beans	RENAL Beef Potato Dill Stew WW Rotini Eggplant Saute
BLAND Cod Fillet Zucchini 'Shroom Sauce White Rice w/Herbs / Capri Mixed Veg	BLAND Pork & Potato Stew Orzo Green Beans	BLAND Chicken Breast English Pea & Cheese White Egg Noodle / Carrots	BLAND Frittata, Tuna & Veg Basil Pesto Sauce Orzo / Capri Mixed Veg	BLAND Roasted Turkey Breast Parsnip-Carrot Sauce Mashed Potatoes / Yellow Zucchini	BLAND Chicken Casserole Eggplant Saute	BLAND Beef Potato Dill Stew White Rice Green Beans
VEGETARIAN Tofu Burger Artichoke Spinach Sauce WW Rotini / Peas & Carrots	VEGETARIAN Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice / Capri Mixed Veg	VEGETARIAN Bean Parsnip Masala Garlic Confit Brown Rice Pilaf / Broccoli	VEGETARIAN Tempeh Cauli Patty Eggplant 'Shroom Sauce Wheat Berry Pilaf / Garden Mixed Veg	VEGETARIAN Enchilada Casserole Peas & Carrots	VEGETARIAN Roasted Savory Tofu Balsamic Portabello / Bean Cacciatore Herb Polenta&Ricotta	VEGETARIAN Lentil Stuffed Pepper Savory Tomato Relish WW Rotini / Green Beans
13-Dec WELLNESS Chicken Jambalaya Dirty Brown Rice Creole Vegetables	14-Dec WELLNESS Rosemary Chicken Thigh Creamy Tomato Sauce WW Rotini / Cabbage & Carrots	15-Dec WELLNESS Hoisin Pork Medallion Sweet & Sour Sauce Vegetable Fried Rice / Stir Fry Vegetables	16-Dec WELLNESS Moroccan Beef Stew Bulgur Pilaf Broccoli-Cauliflower	17-Dec WELLNESS Chicken Drumsticks Brown Rice Pilaf Artichoke Provençal	18-Dec WELLNESS Meatloaf Florentine Mushroom Alfredo Sauce Parsnip & Sweet Potato / Garden Mixed Veg	19-Dec WELLNESS Tempeh Tuna Cake Bell Pepper Relish Orzo Pilaf w/Peas / Capri Mixed Veg
RENAL Chicken Jambalaya Dirty Brown Rice Spicy Green Beans	RENAL Cod Fillet Red Pepper Sauce White Rice w/Herbs / Stir Fry Vegetables	RENAL Hoisin Pork Medallion Sweet & Sour Sauce Vegetable Fried Rice / Stir Fry Vegetables	RENAL Moroccan Beef Stew Bulgur Pilaf Broccoli-Cauliflower	RENAL Soy Garlic Chicken Brown Rice Pilaf Garlic-Herb Carrots	RENAL Meatloaf Florentine Mushroom Alfredo Sauce Parsnip & Sweet Potato	RENAL Tempeh Tuna Cake Bell Pepper Relish Orzo Pilaf w/Peas / Carrots
BLAND Roasted Pork Loin w/ Mushroom Gravy Mashed Parsnips Basil Pesto Sauce / Carrots	BLAND Cod Fillet Herb Sauce Orzo / Mushroom Eggplant Saute	BLAND Chicken Stew Orzo Yellow Zucchini	BLAND Turkey Patty Bechamel Sauce White Egg Noodle / Capri Mixed Veg	BLAND Beef Herb Stew White Egg Noodle Green Beans	BLAND Yogurt Herb Chicken Basil Pesto Sauce White Rice Pilaf / Capri Mixed Veg	BLAND Tempeh Tuna Cake Herb Sauce Orzo / Capri Mixed Veg

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																		
13-Dec VEGETARIAN Pea Ricotta Frittata Onion Balsamic Relish Dirty Brown Rice / Creole Vegetables	14-Dec VEGETARIAN Vegetarian Moussaka Red Pepper Sauce WW Rotini / Spicy Green Beans	15-Dec VEGETARIAN Tempeh Meatballs Creamy Dill Sauce WW Rotini / Carrot & Green Beans	16-Dec VEGETARIAN Blackened Tempeh Dirty Brown Rice Creole Vegetables	17-Dec VEGETARIAN Bean Spinach Casserole Garlic-Herb Carrots	18-Dec VEGETARIAN Tofu Mushroom Adobo Turmeric Brown Rice Broccoli	19-Dec VEGETARIAN Veg Ranchero Stew Orzo Pilaf w/Peas Capri Mixed Veg																		
20-Dec WELLNESS Cod Fillet Turmeric Brown Rice OrangeTofu & Edamame	21-Dec WELLNESS Chicken Thigh Red Pepper Sauce Brown Rice Pilaf / Cauli-Lentil Tagine	22-Dec WELLNESS Citrus Chicken Breast Black Bean Sauce Pineapple Brown Rice / Capri Mixed Veg	23-Dec WELLNESS Pork & Chickpea Stew Spanish Brown Rice Garden Mixed Veg	24-Dec WELLNESS Beef Bourguignon Parsely Sauce WW Rotini / Broccoli-Cauliflower	25-Dec WELLNESS Chicken Drumsticks Mushroom & Herb Sauce Lemon Garlic Wild Rice / Broccoli	26-Dec WELLNESS Beef & Turkey Meatball Zesty Tomato Sauce WW Rotini / Garlic-Herb Carrots																		
RENAL Cod Fillet White Rice w/Herbs Orange Tofu & Edamame	RENAL Chicken Breast Red Pepper Sauce White Rice w/Herbs / Garden Mixed Veg	RENAL Roasted Pork Loin Brown Rice Garden Veg Chili	RENAL Pork & Chickpea Stew Mexican Brown Rice Garden Mixed Veg	RENAL Beef Bourguignon WW Rotini Carrot & Green Beans	RENAL Chicken Breast Mushroom&Herb Sauce White Rice Pilaf / Broccoli	RENAL Beef&TurkeyMeatball Zesty Tomato Sauce WW Rotini / Cauliflower																		
BLAND Cod Fillet Vegetable Fricassee White Rice w/Herbs / Green Beans	BLAND Chicken Breast Zucchini & Tofu Garden Mixed Veg	BLAND Beef & Corn Chowder White Rice Carrot & Green Beans	BLAND Continental Pork Stew White Egg Noodle Capri Mixed Veg	BLAND Roasted Pork Loin Carrot-Ricotta Herb Sauce / W Egg Noodles Garden Mixed Veg	BLAND Turkey Eggplant Torta White Rice Green Beans	BLAND Chicken Casserole Herb Sauce Green Beans																		
VEGETARIAN Lentil Casserole Garden Mixed Veg	VEGETARIAN Orange Tofu & Edamame Brown Rice Broccoli-Cauliflower	VEGETARIAN Baharat Tempeh Brown Rice Cauli-Lentil Tagine	VEGETARIAN Jalapeno Popper Frittata Mexican Brown Rice Peas	VEGETARIAN Southwest Tofu Brown Rice Garden Veg Chili	VEGETARIAN Balsamic Portabello Bean & Peppers Saute Lemon Garlic Wild Rice	VEGETARIAN Vegetable Lasagna Zesty Tomato Sauce Garlic-Herb Carrots																		
27-Dec WELLNESS Turkey Tetrazzini WW Rotini Br.Sprouts & Carrots	28-Dec WELLNESS Cod Fillet Creamy Dill Sauce Quinoa,Feta Chickpea Cabbage & GreenBeans	29-Dec WELLNESS Chicken Thigh Sweet Potato Chipotle Quinoa Pilaf Brussel Sprouts	30-Dec WELLNESS Chicken Tikka Masala Brown Rice w/Veggies Capri Mixed Veg	31-Dec WELLNESS Balsamic Pork Cutlet Mushroom Ragout Herbed Polenta Carrot & Green Beans	Bone Health																			
RENAL Jalapeno Popper Frittata Pumpkin Seed Sauce White Rice	RENAL Cod Fillet Creamy Dill Sauce Brown Rice	RENAL Blackened Chickrn Breast Sweet Potato Chipotle Quinoa Pilaf	RENAL Turkey Meatballs Zesty Tomato Sauce WW Rotini	RENAL Balsamic Chicken Breast Mushroom Ragout WW Rotini																				
BLAND Turkey-Veg Frittata White Rice Green Beans / Cauliflower	BLAND Cod Fillet Creamy Dill Sauce Orzo / Capri Mixed Veg	BLAND Chicken Breast Potato Cream Sauce Orzo Pilaf 'Shrm / Yellow Zucchini	BLAND Turkey Meatballs Mushroom Altredo Sauce White Egg Noodle / Capri Mixed Veg	BLAND Tuna Ricotta Frittata Orzo Green Beans	Why Calcium and Vitamin D No matter who you are, you need calcium and vitamin D! Calcium and vitamin D are essential for the health of your bones. You need calcium to build strong health bones, contract muscles, and keep your heart beating. 99% of calcium in your body is stored in your bones and teeth. If you don't have enough calcium in your diet, your body will start pulling calcium out from the bones causing them to be weak and fragile. So, calcium is important, but what about vitamin D? Vitamin D is essential for helping calcium get absorbed into your body from what you eat and supports muscle function as well. How much is needed? The Recommended Daily Allowance (RDA) depends on your age:																			
VEGETARIAN Tofu Sweet Potato Hash Pumpkin Seed Sauce Brown Rice & Beans	VEGETARIAN Zucchini & Peppers Frittata Brown Rice Pilaf Peas	VEGETARIAN Spiced Tempeh Cake Sweet Potato Chipotle Quinoa Pilaf / Brussel Sprouts	VEGETARIAN Tomato Eggplant Bake Brown Rice Pilaf Capri Mixed Veg	VEGETARIAN Veggie Loaf Mushroom Ragout WW Rotini / Carrot & Green Beans																				
   		 		<p>Pay attention to your food sources of these important nutrients and be sure you get enough every day!</p>  <p>Project Open Hand meals with love</p>		<table border="1"> <thead> <tr> <th>If you are:</th> <th>Vitamin D</th> <th>If you are:</th> <th>Calcium</th> </tr> </thead> <tbody> <tr> <td>Adults 70 and under</td> <td>600 international units (IU)</td> <td>Female 19-50 OR Male 19-70</td> <td>1000mg</td> </tr> <tr> <td>Adults over 70</td> <td>800 IU</td> <td>Female over 50 OR Male over 70</td> <td>1200mg</td> </tr> </tbody> </table>	If you are:	Vitamin D	If you are:	Calcium	Adults 70 and under	600 international units (IU)	Female 19-50 OR Male 19-70	1000mg	Adults over 70	800 IU	Female over 50 OR Male over 70	1200mg						
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   		 		<p>Where do you get calcium and vitamin D? A great source for calcium is in 1 cup of low-fat plain yogurt, which provides 415 mg of calcium. That's nearly 50% of your RDA in 1 cup of yogurt. Other great options for calcium are canned sardines, cheddar cheese, milk, white beans, and broccoli. Also, some cereals and orange juice are fortified with calcium, so check the Nutrition Facts label for calcium content in packaged foods.</p> <p>You can get vitamin D through your skin, diet, or supplements. When our skin is exposed to sunlight, your body can make vitamin D. Living in San Francisco you sometimes cannot rely on the sun to provide you with all the RDA for vitamin D. So, we can get vitamin D from our foods! A good option for vitamin D is in canned salmon and sardines. Some milk and orange juice are also fortified with vitamin D, so check the Nutrition Facts label for vitamin D content.</p>																				
						<table border="1"> <thead> <tr> <th>Vitamin D Foods</th> <th>Amount (IU)</th> <th>Calcium Foods</th> <th>Amount (mg)</th> </tr> </thead> <tbody> <tr> <td>3 ounces salmon</td> <td>390-450</td> <td>1 cup milk</td> <td>300</td> </tr> <tr> <td>3 ounces canned tuna</td> <td>200</td> <td>1 cup raw leafy greens</td> <td>120</td> </tr> <tr> <td>2 eggs (with yolks)</td> <td>80</td> <td>½ cup cooked leafy greens</td> <td>120</td> </tr> <tr> <td>1 cup vitamin D fortified milk</td> <td>120</td> <td>½ cup cooked white beans</td> <td>80</td> </tr> <tr> <td>Vitamin D fortified foods (cereal, juice, milk products)</td> <td>Check the label!</td> <td>1.5 oz cheddar cheese</td> <td>300</td> </tr> </tbody> </table>	Vitamin D Foods	Amount (IU)	Calcium Foods	Amount (mg)	3 ounces salmon	390-450	1 cup milk	300	3 ounces canned tuna	200	1 cup raw leafy greens	120	2 eggs (with yolks)	80	½ cup cooked leafy greens	120	1 cup vitamin D fortified milk	120
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Vitamin D fortified foods (cereal, juice, milk products)	Check the label!	1.5 oz cheddar cheese	300																					