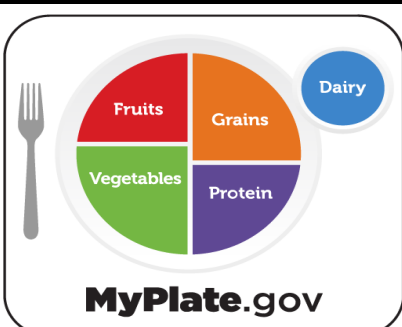
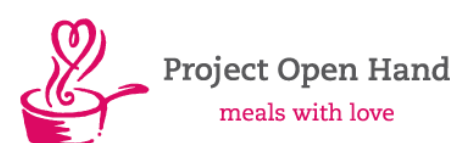


DECEMBER 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Snack Formula</p> <p>We all know what it can be like you start feeling hungry but your next meal time is still a while away. Maybe you're waiting for your lunch break. Maybe your dinner is still cooking in the oven. Here is an <i>easy formula</i> for a health and satisfying snack.</p> <p>Where did the formula come from? The USDA created the MyPlate guidelines to help lead Americans to make healthier choices. However, MyPlate focuses on main meals – not snack time!</p> <p>What is the formula? The main food groups are vegetables, fruit, grains, protein and dairy. To build a healthy snack we combine three of the five food groups.</p> <p>Vegetables Non-starchy vegetables like carrots, celery, bell pepper, tomato, broccoli, cauliflower or bell peppers!</p> <p>Fruits Apples, pears, banana, oranges, berries, pineapple, melons, mango, apricot or peaches!</p> <p>Grains Brown rice, corn tortillas, oatmeal, granola, whole wheat bread, whole wheat crackers or barley</p> <p>Protein Beans, chicken, turkey, pork, fish, beef, peanut butter, hummus, or tofu!</p> <p>Dairy Yogurt, cheese, milk or milk-alternatives!</p> <p>Lets try out the formula!</p> <p>#1: Dairy + Grain + Fruit Combine yogurt as your dairy and top with granola and your choice of fruit for a grain and fruit!</p> <p>#2: Grain + Dairy + Protein Using two corn tortillas as your grain, add cheese and cooked chicken for dairy and protein and heat on a pan until warm!</p> <p>#3: Vegetables + Grain + Protein Chop some carrots, bell peppers, and cucumber and grab your favorite whole wheat crackers for your vegetable and grain and dip in your favorite hummus as a protein!</p> <p>#4 Fruit + Dairy + Protein Slice one apple as your fruit mix together Greek yogurt with peanut butter for your dairy and protein!</p> <p><i>Remember 3 out of 5 and soon you'll be flying high!</i></p> 			<p>1-Dec WELLNESS</p> <p>Chipotle Chicken Thigh Cajun Kidney Beans Charleston Red Rice Garden Mixed Veg</p> <p>RENAL</p> <p>Cod Filet Tofu Jambalya Brown Rice Pilaf Spicy Green Beans</p> <p>BLAND</p> <p>Chicken Sw.Potato Chowder White Rice w/Herbs Carrot & Green Beans</p> <p>VEGETARIAN</p> <p>Tofu Jambalya Brown Rice Pilaf Spicy Green Beans</p>	<p>2-Dec WELLNESS</p> <p>Turkey Jambalaya Brown Rice & Orzo Broccoli</p> <p>RENAL</p> <p>Balsamic Pork Cutlet Mushroom Gravy Whole Wheat Rotini Peas & Carrots</p> <p>BLAND</p> <p>Turkey Picadillo White Rice w/Herbs Eggplant Zuc Saute</p> <p>VEGETARIAN</p> <p>Tempeh-Tofu Loaf Mushroom Gravy Orzo Pilaf w/Peas Garden Mixed Veg</p>	<p>3-Dec WELLNESS</p> <p>Chicken Breast Mushroom Alfredo Sauce Kale Pesto</p> <p>RENAL</p> <p>Chicken Pozole Verde Charleston Red Rice Cauliflower</p> <p>BLAND</p> <p>Tempeh Tuna Cake Basil Pesto Sauce Orzo</p> <p>VEGETARIAN</p> <p>Zucchini & Pepper Frittata Charleston Red Rice Peas</p>	<p>4-Dec WELLNESS</p> <p>Turkey Meatloaf Turkey Gravy Mushroom Barley Pilaf Capri Mixed Veg</p> <p>RENAL</p> <p>Pineapple Chicken Green Curry Veg Sauce Brown Rice Cauliflower</p> <p>BLAND</p> <p>Beef Fricassee w/Tofu Mashed Potatoes Green Beans</p> <p>VEGETARIAN</p> <p>Spiced Tempeh Cake Green Curry Veg Sauce Brown Rice Carrot & Green Beans</p>
<p>5-Dec WELLNESS</p> <p>Pork & Mushroom Adobo Squash Kale Quinoa Garlic-Herb Carrots</p> <p>RENAL</p> <p>Eggplant Parmesan Zesty Tomato Sauce Whole Wheat Rotini Broccoli</p> <p>BLAND</p> <p>Pork & Root Veg Stew White Egg Noodle Capri Mixed Veg</p> <p>VEGETARIAN</p> <p>Eggplant Parmesan Zesty Tomato Sauce Whole Wheat Rotini Garlic-Herb Carrots</p>	<p>6-Dec WELLNESS</p> <p>Beef Fricassee Whole Wheat Rotini Garden Mixed Veg</p> <p>RENAL</p> <p>Beef Fricassee Whole Wheat Rotini Garden Mixed Veg</p> <p>BLAND</p> <p>Roasted Pork Loin Basil Pesto Sauce White Egg Noodle Root Veg Hash</p> <p>VEGETARIAN</p> <p>Tofu Burger Hominy Pozole Verde Brown Rice Garden Mixed Veg</p>	<p>7-Dec WELLNESS</p> <p>Chicken Drumstick Brown Rice Pilaf Corn w/Mushrooms</p> <p>RENAL</p> <p>Turkey Patty Orzo Pilaf w/Peas Creole Vegetables</p> <p>BLAND</p> <p>Turkey Patty Eggplant 'Shroom Sauce Orzo Green Beans</p> <p>VEGETARIAN</p> <p>Mid-East Spiced Tempeh Cake Orzo Pilaf w/Peas Creole Vegetables</p>	<p>8-Dec WELLNESS</p> <p>Turkey Chili Cheddar Grits Capri Mixed Veg</p> <p>RENAL</p> <p>Turkey Chili Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg</p> <p>BLAND</p> <p>Chicken Breast Cream of Celery Sauce Orzo Carrot & Green Beans</p> <p>VEGETARIAN</p> <p>Cajun Tofu w/Red Beans Pumpkin Seed Sauce Cheddar Grits Capri Mixed Veg</p>	<p>9-Dec WELLNESS</p> <p>Baked Salmon Sesame Brown Rice Kung Pao Tofu & Veg</p> <p>RENAL</p> <p>Cod Filet Singapore Tofu Curry Sesame Brown Rice Broccoli</p> <p>BLAND</p> <p>Beef Stroganoff White Egg Noodle Carrots</p> <p>VEGETARIAN</p> <p>Singapore Tofu Curry Sesame Brown Rice Broccoli</p>	<p>10-Dec WELLNESS</p> <p>Chicken Thigh Roasted Garlic Sauce Brown Rice Pilaf</p> <p>RENAL</p> <p>Herbed Chicken Breast Mushroom-Tomato Whole Wheat Rotini Capri Mixed Veg</p> <p>BLAND</p> <p>Herbed Chicken Breast Zucchini 'Shroom Sauce White Rice w/Herbs</p> <p>VEGETARIAN</p> <p>Blackened Tofu Lentil w/Veggies Brown Rice</p>	<p>11-Dec WELLNESS</p> <p>Chicken Pomodoro Whole Wheat Rotini Spicy Green Beans</p> <p>RENAL</p> <p>Chicken Pomodoro Whole Wheat Rotini Spicy Green Beans</p> <p>BLAND</p> <p>Cod Filet Herb Sauce White Egg Noodle Eggplant Saute</p> <p>VEGETARIAN</p> <p>Tofu Stroganoff Herb Sauce Whole Wheat Rotini Peas & Carrots</p>
<p>12-Dec WELLNESS</p> <p>Pork Loin w/Rosemary Mushroom Sage Gravy Brown Rice Pilaf Garlic-Herb Carrots</p> <p>RENAL</p> <p>Pork Loin w/Rosemary Mushroom Sage Gravy Orzo+Butternut Squash Carrot & Green Beans</p>	<p>13-Dec WELLNESS</p> <p>Beef Chili Colorado Mexican Brown Rice & Beans Garden Mixed Veg</p> <p>RENAL</p> <p>Beef Chili Colorado Garlic Confit Mexican Brown Rice & Beans Broccoli</p>	<p>14-Dec WELLNESS</p> <p>BBQ Chix Drumstick Baked Beans w/Kale Brown Rice Pilaf Garden Mixed Veg</p> <p>RENAL</p> <p>Turkey-Stuffed Pepper Chipotle Chili Gravy White Rice w/Herbs Broccoli</p>	<p>15-Dec WELLNESS</p> <p>Mediterranean Turkey Burger Artichoke Cream Sauce Wild Rice Pilaf Broccoli-Cauliflower</p> <p>RENAL</p> <p>Blackened Chicken Breast Artichoke Spinach Sauce White Egg Noodle Green Beans</p>	<p>16-Dec WELLNESS</p> <p>Baked Salmon Squash Kale Quinoa Moroccan Tagine</p> <p>RENAL</p> <p>Baked Salmon Orzo Moroccan Tagine</p>	<p>17-Dec WELLNESS</p> <p>Sage Chicken Thigh Cacciatore Sauce Mushroom Barley Pilaf Broccoli-Cauliflower</p> <p>RENAL</p> <p>Vegetarian Mu Shu Tofu Brown Rice Green Beans</p>	<p>18-Dec WELLNESS</p> <p>Turkey Salisbury Steak Mushroom Sage Gravy Brown Rice Pilaf Winter Vegetables</p> <p>RENAL</p> <p>Turkey Lasagna Peas & Carrots</p>



DECEMBER 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
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
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Savory Bullion Tempeh Mushroom Sage Gravy Orzo+ButternutSquash 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 CreamSauce Whole Wheat Rotini Broccoli-Cauliflower	Blackened Tofu Squash Kale Quinoa Lentil w/Veggies	Vegetarian Mu Shu Tofu Brown Rice Broccoli-Cauliflower	Lenti ITofu Bolognese Garlic Confit Whole Wheat Rotini Spicy Green Beans
19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
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	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	RENAL	RENAL	RENAL
Macanese Chicken Pepper Citrus Couscous Broccoli	Hoisin Pork Medallion White Rice OrangeTofu & Edamame	Beef Bourguignon Brown Rice Brussel Sprouts	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	BLAND	BLAND	BLAND
Baked Salmon Zucchini 'Shroom Sauce Orzo	Pork Potato Herb Stew White Rice Green Beans	Turkey Shepherd Pie Capri Mixed Veg	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	VEGETARIAN	VEGETARIAN
Tofu Burger Bell Pepper Relish PepperCitrusCouscous Broccoli	Orange Tofu & Edamame Brown Rice Broccoli-Cauliflower	Bean Parsnip Masala Garlic Confit Brown Rice Broccoli	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
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	
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	
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	
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	
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	

