



# APRIL 2020 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h1>APRIL 2020 WELLNESS MENU</h1>		<b>1-Apr</b>	<b>2-Apr</b>	<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>
		<b>REGULAR</b> Smokey Chicken & Lentil Stew Bulgur Pilaf Green Beans	<b>REGULAR</b> Tilapia Fillet Puttanesca Sauce Brown Rice Pilaf / Carrots	<b>REGULAR</b> Italian Turkey Meatloaf Zesty Tomato Sauce WW Penne / Garden Mixed Veg	<b>REGULAR</b> Roasted Chicken Thigh Quinoa Pilaf Cauliflower & Lentil Tagine	<b>REGULAR</b> Irish Pork Stew Brown Rice Pilaf Brussel Sprouts & Carrots
		<b>DIABETIC</b> Smokey Chicken & Lentil Stew Bulgur Pilaf Green Beans	<b>DIABETIC</b> Tilapia Fillet / Puttanesca Sauce Brown Rice Pilaf Broccoli Raw Florettes	<b>DIABETIC</b> Italian Turkey Meatloaf Zesty Tomato Sauce / WW Penne Cauliflower Raw Florettes	<b>DIABETIC</b> Roasted Chicken Thigh Cauliflower & Lentil Tagine	<b>DIABETIC</b> Irish Pork Stew Brown Rice & Beans Carrots
		<b>RENAL</b> Beef Fricassee w/Tofu White Egg Noodle	<b>RENAL</b> Tilapia Fillet Puttanesca Sauce Macaroni, White / Kale Saute	<b>RENAL</b> Turkey Patty Pan Gravy Orzo / Green Beans	<b>RENAL</b> Roasted Chicken Breast Sesame Carrot Sauce White Rice / Kale Saute	<b>RENAL</b> Irish Pork Stew Orzo
		<b>BLAND</b> Beef Fricassee w/Tofu White Egg Noodle Carrots & Green Beans	<b>BLAND</b> Tilapia Fillet Creamy Basil Sauce White Macaroni / Carrots	<b>BLAND</b> Turkey Patty Bland Mushroom Gravy Orzo / Green Beans	<b>BLAND</b> Roasted Chicken Breast Cream of Celery Mashed Potatoes / Zucchini Raw	<b>BLAND</b> Pork & Mushroom Stew Orzo Peas & Carrots
		<b>VEGETARIAN</b> Tofu Burger-Balls Turkish Split Pea & Veg Stew Bulgur Pilaf	<b>VEGETARIAN</b> Eggplant Parmesan Puttanesca Sauce / WW Egg Noodle Broccoli Raw Florettes	<b>VEGETARIAN</b> Roasted Tofu* White Bean Portabello Pepper Steak* WW Penne / Cauliflower Raw Florettes	<b>VEGETARIAN</b> Eggplant Moussaka Quinoa Pilaf Cauliflower Raw Florettes	<b>VEGETARIAN</b> Tempeh Burrito Casserole Brussel Sprouts & Carrots
<b>6-Apr</b>	<b>7-Apr</b>	<b>8-Apr</b>	<b>9-Apr</b>	<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>
<b>REGULAR</b> Roasted Chicken Thigh Quinoa Pilaf Tuscan Cabbage & Kale Saute	<b>REGULAR</b> Turkey Goulash WW Macaroni Brussel Sprouts	<b>REGULAR</b> Baked Tilapia Fillet Brown Rice White Bean Ragout	<b>REGULAR</b> Beef Bourguignon WW Egg Noodle Peas	<b>REGULAR</b> Roasted Chicken Thigh Roasted Garlic Sauce Brown Rice / Garden Mixed Veg	<b>REGULAR</b> Roasted Pork Loin Bulgur Pilaf Ratatouille	<b>REGULAR</b> Chicken Tinga Spanish Brown Rice Carrots
<b>DIABETIC</b> Roasted Chicken Thigh Quinoa Pilaf Tuscan Cabbage & Kale Saute	<b>DIABETIC</b> Turkey Goulash WW Macaroni Brussel Sprouts	<b>DIABETIC</b> Baked Tilapia Fillet White Bean Ragout Capri Mixed Vegetables	<b>DIABETIC</b> Beef Bourguignon Whole Wheat Egg Noodle Broccoli Raw Florettes	<b>DIABETIC</b> Roasted Chicken Thigh Rosemary-Onion Sauce Brown Rice / Garden Mixed Veg	<b>DIABETIC</b> Roasted Pork Loin Bulgur Pilaf Ratatouille	<b>DIABETIC</b> Chicken Tinga Spanish Brown Rice Carrots
<b>RENAL</b> Chicken Stew w/Eggplant Herb Polenta	<b>RENAL</b> Turkey Goulash White Rice	<b>RENAL</b> Baked Tilapia Fillet Creamy Basil Sauce Egg Noodle / Kale Saute	<b>RENAL</b> Beef & Veg Stew Orzo	<b>RENAL</b> Roasted Chicken Breast Mushroom Alfredo Sauce White Egg Noodle / Broccoli Raw	<b>RENAL</b> Roasted Pork Loin / Pan Gravy White Egg Noodle Garden Mixed Vegetables	<b>RENAL</b> Chicken Tinga White Rice
<b>BLAND</b> Chicken Stew w/Eggplant Herb Polenta Green Beans	<b>BLAND</b> Stuffed Mushroom Alfredo Sauce White Egg Noodle	<b>BLAND</b> Creamy Basil Sauce White Egg Noodle / Peas & Carrots	<b>BLAND</b> Beef & Veg Stew Orzo	<b>BLAND</b> Roasted Chicken Breast* Mushroom Alfredo Sauce* Orzo / Green Beans	<b>BLAND</b> Roasted Pork Loin Mushroom Gravy White Egg Noodle / Peas & Carrots	<b>BLAND</b> Mushroom & Zucchini Quiche Peas & Carrots
<b>VEGETARIAN</b> Roasted Tempeh & Veg Polenta Tuscan Cabbage & Kale Saute	<b>VEGETARIAN</b> Hearty Vegetable Stew WW Macaroni / Brussel Sprouts	<b>VEGETARIAN</b> Roasted TofuV w/ White Bean Ragout Brown Rice Capri Mixed Vegetables	<b>VEGETARIAN</b> Sun Dried Tomato Quiche Broccoli Raw Florettes	<b>VEGETARIAN</b> Tempeh-Tofu Loaf Rosemary-Onion Sauce / Bulgur Pilaf Garden Mixed Vegetables	<b>VEGETARIAN</b> Tofu Burger-Balls Ratatouille WW Egg Noodle	<b>VEGETARIAN</b> Vegetable & Tofu Jambalaya Spanish Brown Rice Carrots
<b>13-Apr</b>	<b>14-Apr</b>	<b>15-Apr</b>	<b>16-Apr</b>	<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>
<b>REGULAR</b> Mexican Spiced Chicken Thigh* Salsa Verde / Quinoa Pilaf Garden Mixed Vegetables	<b>REGULAR</b> Baked Tilapia Fillet Mushroom-Dill Sauce / WW Penne Eggplant, Peppers & Onions	<b>REGULAR</b> Beef Fricassee Brown Rice Brussel Sprouts	<b>REGULAR</b> Turkey Meatloaf Marsala Sauce / WW Penne Provencscale Veg	<b>REGULAR</b> BBQ Pork Stew w/Pineapple Brown Rice Pilaf Capri Mixed Vegetables	<b>REGULAR</b> Rosemary Chicken Thigh Mushroom & Herb Sauce Bulgur Pilaf / Garden Mixed Veg	<b>REGULAR</b> Chicken Cacciatore Spanish Brown Rice Green Beans
<b>DIABETIC</b> Mexican Spiced Chicken Thigh* Salsa Verde / Quinoa Pilaf Garden Mixed Vegetables	<b>DIABETIC</b> Baked Tilapia Fillet Mushroom-Dill Sauce / WW Penne Eggplant, Peppers & Onions	<b>DIABETIC</b> Beef Fricassee Brown Rice Garden Mixed Veg	<b>DIABETIC</b> Turkey Meatloaf Marsala Sauce / WW Penne Provencscale Veg	<b>DIABETIC</b> Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Veg Mix	<b>DIABETIC</b> Rosemary Chicken Thigh Mushroom & Herb Sauce Bulgur Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Chicken Cacciatore Spanish Brown Rice Green Beans
<b>RENAL</b> Roasted Chicken Breast Salsa Verde / White Rice Garden Mixed Vegetables	<b>RENAL</b> Baked Tilapia Fillet Mushroom-Dill Sauce Macaroni, White / Carrots & Green Beans	<b>RENAL</b> Beef & Tofu Fricassee* Egg Noodle Green Beans*	<b>RENAL</b> Turkey Meatloaf* Pan Gravy BLAND* Orzo / Broccoli Blanched	<b>RENAL</b> Pork Stew w/ Raisins White Rice	<b>RENAL</b> Rosemary Chicken Thigh Creamy Spinach Sauce Herb Polenta/ Garden Mixed Veg	<b>RENAL</b> Chicken & Rice Casserole Green Beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>13-Apr</b>	<b>14-Apr</b>	<b>15-Apr</b>	<b>16-Apr</b>	<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>
<b>BLAND</b> Roasted Chicken Breast Cream of Celery White Rice / Carrots	<b>BLAND</b> Baked Tilapia Fillet Carrot Sauce White Macaroni / Green Beans	<b>BLAND</b> Beef & Tofu Fricassee White Egg Noodle Green Beans	<b>BLAND</b> Turkey Meatloaf Mushroom Gravy Orzo / Zucchini Raw	<b>BLAND</b> Pork Stew White Rice Peas & Carrots	<b>BLAND</b> Roasted Chicken Breast* Creamy Sweet Potato Sauce* Herb Polenta / Carrots & Green Beans	<b>BLAND</b> Chicken & Rice Casserole Carrots
<b>VEGETARIAN</b> Bean Chili Verde w/Tofu Quinoa Pilaf Garden Mixed Vegetables	<b>VEGETARIAN</b> Ratatouille w/Tempeh WW Penne Kale Saute	<b>VEGETARIAN</b> Tomato, Spinach & Mozzarella Frittata Brown Rice Brussel Sprouts	<b>VEGETARIAN</b> Stuffed Pepper SW Salsa Verde Brown Rice	<b>VEGETARIAN</b> Curried Lentil Casserole Brown Rice Pilaf Capri Mixed Vegetables	<b>VEGETARIAN</b> Tempeh Shepherd's Pie Garden Mixed Vegetables	<b>VEGETARIAN</b> Enchilada Casserole Spanish Brown Rice Carrots
<b>20-Apr</b>	<b>21-Apr</b>	<b>22-Apr</b>	<b>23-Apr</b>	<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>
<b>REGULAR</b> Tandori Chicken Thigh  Brown Rice Eggplant, Peppers & Onions	<b>REGULAR</b> Beef Stroganoff  WW Egg Noodle Peas & Carrots	<b>REGULAR</b> Baked Tilapia Fillet  White Wine Cream Sauce WW Penne / Carrots	<b>REGULAR</b> Roasted Chicken Thigh  Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	<b>REGULAR</b> Turkey Bolognese  WW Penne Mediterranean Vegetables	<b>REGULAR</b> Roasted Pork Loin / Red Mole Sauce  Spanish Brown Rice Southwest Beans	<b>REGULAR</b> Chicken & Mushroom Stew  WW Egg Noodle Carrots
<b>DIABETIC</b> Tandori Chicken Thigh  Brown Rice Eggplant, Peppers & Onions	<b>DIABETIC</b> Beef Stroganoff  WW Egg Noodle Eggplant, Zucchini & Onions	<b>DIABETIC</b> Baked Tilapia Fillet  White Wine Cream Sauce WW Penne / Carrots	<b>DIABETIC</b> Roasted Chicken Thigh  Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Turkey Bolognese  WW Penne Mediterranean Vegetables	<b>DIABETIC</b> Roasted Pork Loin / Red Mole Sauce  Spanish Brown Rice Southwest Beans / Green Beans	<b>DIABETIC</b> Chicken & Mushroom Stew  WW Egg Noodle Carrots
<b>RENAL</b> Tandoori Chicken Breast White Rice Eggplant, Peppers & Onions	<b>RENAL</b> Beef Stew White Egg Noodle Garden Mixed Vegetables	<b>RENAL</b> Baked Tilapia Fillet White Wine Cream Sauce Egg Noodle / Kale Saute	<b>RENAL</b> Roasted Chicken Breast Chimichurri Sauce White Rice / Carrots	<b>RENAL</b> Turkey Bolognese Macaroni, White Green Beans	<b>RENAL</b> Roasted Pork Loin Red Mole Sauce White Rice / Garden Mixed Veg	<b>RENAL</b> Chicken Stew Orzo Broccoli Raw Florettes
<b>BLAND</b> Roasted Chicken Breast English Pea Sauce White Rice / Carrots	<b>BLAND</b> Beef Stew White Egg Noodle Peas & Carrots	<b>BLAND</b> Baked Tilapia Fillet Creamy Basil Sauce White Egg Noodle / Eggplant Saute	<b>BLAND</b> Roasted Chicken Breast Bechamel Sauce White Macaroni / Peas & Carrots	<b>BLAND</b> Turkey & Eggplant Torta Pan Gravy White Rice	<b>BLAND</b> Roasted Pork Loin Mushroom Gravy White Rice / Green Beans	<b>BLAND</b> Chicken Stew Orzo Zucchini Raw
<b>VEGETARIAN</b> Red Bean & Turnip Curry Brown Rice Eggplant, Peppers & Onions	<b>VEGETARIAN</b> Tofu & Mushroom Stroganoff Whole Wheat Egg Noodle Peas & Carrots	<b>VEGETARIAN</b> Tofu Burger-Balls* White Wine Cream Sauce WW Penne / Carrots	<b>VEGETARIAN</b> White Bean, Spinach Casserole Garden Mixed Vegetables	<b>VEGETARIAN</b> Quinoa & Tempeh Taco Chimichurri Sauce Carrots	<b>VEGETARIAN</b> Quinoa & Bean Casserole Red Mole Sauce / Southwest Beans Spanish Brown Rice / Green Beans	<b>VEGETARIAN</b> Vegetable Frittata WW Egg Noodle Peas & Carrots
<b>27-Apr</b>	<b>28-Apr</b>	<b>29-Apr</b>	<b>30-Apr</b>	 <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <b>Looking for a Good Recipe Website?</b> </div> <p>EatFresh makes shopping and home cooking easy!</p> <ul style="list-style-type: none"> <li>• Find healthy, inexpensive, and quick recipes</li> <li>• Print, save, share, and text recipes to your mobile phone</li> <li>• Learn lifestyle tips to keep you healthy and feeling your best</li> <li>• Ask a question in the online community forums or ask a dietitian</li> <li>• Learn basic cooking skills and how to substitute ingredients to use what you already have at home</li> <li>• View the website in English, Spanish or Chinese</li> </ul> <p>Go to <a href="http://www.eatfresh.org">www.eatfresh.org</a> right now and start exploring!</p> <p><i>Always a good idea to learn new ways to eat nutritious foods at home &amp; ideas for eating more veggies!</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>		
<b>REGULAR</b> Baked Tilapia Fillet Mustard Cream Sauce Bulgur Pilaf / Spicy Cabbage & Onions	<b>REGULAR</b> Chicken Tikka Masala Indian Spiced Quinoa Brussel Sprouts	<b>REGULAR</b> Sweet & Sour Pork Vegetable Fried Rice Stir Fry Vegetables	<b>REGULAR</b> Turkey Meatloaf Roasted Garlic Sauce WW Penne / Carrots			
<b>DIABETIC</b> Baked Tilapia Fillet Mustard Cream Sauce Bulgur Pilaf / Spicy Cabbage & Onions	<b>DIABETIC</b> Chicken Tikka Masala Indian Spiced Quinoa Brussel Sprouts	<b>DIABETIC</b> Sweet & Sour Pork Vegetable Fried Rice Stir Fry Vegetables	<b>DIABETIC</b> Turkey Meatloaf Roasted Garlic Sauce WW Penne / Broccoli Raw			
<b>RENAL</b> Baked Tilapia Fillet Mustard Cream Sauce Orzo / Spicy Cabbage & Onions	<b>RENAL</b> Roasted Chicken Breast* Carrot Sauce / White Rice Green Beans	<b>RENAL</b> Sweet & Sour Pork White Rice Peas & Carrots	<b>RENAL</b> Turkey Meatloaf Pan Gravy / Macaroni, White Broccoli Blanched			
<b>BLAND</b> Baked Tilapia Fillet Carrot Sauce White Macaroni / Green Beans	<b>BLAND</b> Roasted Chicken Breast English Pea Sauce White Rice / Carrots	<b>BLAND</b> Pork Stew White Rice Peas & Carrots	<b>BLAND</b> Turkey Meatloaf Pan Gravy / White Egg Noodles Carrots & Green Beans			
<b>VEGETARIAN</b> Veggie Loaf Mustard Cream Sauce Bulgur Pilaf / Spicy Cabbage & Onions	<b>VEGETARIAN</b> Red Bean & Turnip Curry Indian Spiced Quinoa Brussel Sprouts	<b>VEGETARIAN</b> Kung Pao Tofu Vegetable Fried Rice Stir Fry Vegetables	<b>VEGETARIAN</b> Stuffed Mushroom Roasted Garlic Sauce WW Penne / Carrots & G. Beans			