

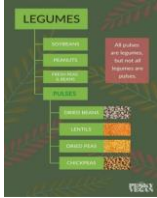


APRIL 2021 WELLNESS MENU

The Bean Scene

A **legume** refers to any plant from the Fabaceae (fab-AY-see-eye) family that would include its leaves, stems, and pods.

Pulses include beans, lentils, and peas. For example, a pea pod is a legume, but the pea inside the pod is the pulse = edible seeds.



Bean-efits

Legumes & Pulses are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals.

Why is fiber important? It promotes gut health, aids in digestion, helps manage blood sugar levels, promotes fullness and helps us maintain healthy cholesterol levels.


Here are some ideas for adding legumes to your diet:

- soups or stews that include legumes and grains
- salads made with beans and nuts or seeds
- a peanut butter sandwich on whole-grain bread
- hummus with whole-wheat pita bread
- tofu or tempeh with brown rice or quinoa
- tofu stir-fry with whole-grain noodles and peanuts
- beans and brown rice

1-Apr	2-Apr	3-Apr	4-Apr
REGULAR Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	REGULAR Spicy Beef Stew Sesame Brown Rice Carrots&GreenBeans	REGULAR Chicken Tinga Brown Rice Garden Mixed Veg	REGULAR Meatloaf Florentine WW Rotini Caponata Sauce
DIABETIC Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	DIABETIC Spicy Beef Stew Sesame Brown Rice Carrots & Green Beans	DIABETIC Chicken Tinga Brown Rice Garden Mixed Veg	DIABETIC Meatloaf Florentine Caponata Sauce WW Rotini / Green Beans
RENAL Turkey Meatballs Turkey Gravy WW Rotini / Braised Cabbage	RENAL Spicy Beef Stew Sesame Garlic Brown Rice Carrots & Green Beans	RENAL Chicken Tinga Brown Rice Garden Mixed Veg	RENAL Meatloaf Florentine Herbed Polenta Caponata Sauce
BLAND Turkey Meatballs / Mushroom Alfredo White Egg Noodle Capri Mixed Veg	BLAND Pea Tuna Ricotta Frittata Orzo Green Beans	BLAND Chix Shrm Noodle Casserole Carrots	BLAND Roasted Pork Loin Cheddar Grits Eggplant Saute
VEGETARIAN Swedish Tempeh Veg Balls Mushroom Sage Gravy WW Rotini /Brussel Sprouts	VEGETARIAN OrangeTofu & Edamame Sesame Garlic Brown Rice	VEGETARIAN Roasted Tofu Brown Rice Garden Veg Bean Chili	VEGETARIAN Tofu Burger-Balls Herbed Polenta Caponata Sauce
5-Apr	6-Apr	7-Apr	8-Apr
REGULAR Chicken Drumsticks Ginger BBQ Sauce* Brown Rice / Cauliflower Tagine	REGULAR Beef Birria Brown Rice & Beans Garden Mixed Veg	REGULAR Pork Mole Brown Rice Capri Mix Veg	REGULAR Chicken Breast Brown Rice Vegetables w/Coconut
DIABETIC Chicken Drumsticks Ginger BBQ Sauce Brown Rice / Cauliflower Tagine	DIABETIC Beef Birria Brown Rice & Beans Carrots & Green Beans	DIABETIC Pork Mole Brown Rice Carrots	DIABETIC Chicken Breast Brown Rice Vegetables w/Coconut
RENAL Chicken Breast Red Pepper Sauce Brown Rice / Cauliflower Tagine	RENAL Beef Birria Brown Rice Garden Mixed Veg	RENAL Pork Mole Brown Rice Capri Mixed Veg	RENAL Chicken Breast HerbedWhite Rice Vegetables w/Coconut
BLAND Chicken Breast / Parsnip Puree Orzo Pilaf w/Shrm & Peas Green Beans	BLAND Beef Rosemary Stew Orzo Pilaf+LentilPC Capri Mix Veg	BLAND Pork Stew White Egg Noodles Peas	BLAND Chicken Breast / Bechamel Sauce Orzo koot veg & Члпкпеа Hasn
VEGETARIAN Roasted Tofu Red Pepper Sauce Brown Rice/ Cauliflower Tagine	VEGETARIAN Spinach Frittata Brown Rice & Beans Garden Mixed Veg	VEGETARIAN Enchilada Casserole Broccoli	VEGETARIAN MarinatedBakedTempe Brown Rice Vegetables w/Coconut
9-Apr	10-Apr	11-Apr	12-Apr
REGULAR Tilapia Dijon Sauce Quinoa Pilaf / Capri Mix Veg	REGULAR Turkey Bolognese WW Rotini Brussel Sprouts	REGULAR Tandori Chicken / Golden Lentil Dahl Brown Rice w/Ginger Capri Mix Veg	REGULAR Chicken Breast Mushroom Alfredo WW Rotini / Broccoli
DIABETIC Tilapia Dijon Sauce Quinoa Pilaf / Carrots & Green Beans	DIABETIC Turkey Bolognese Brussel Sprouts Turkey Bolognese White Egg Noodles Brussel Sprouts	DIABETIC Cumin Spiced Chicken / Golden Lentil Dahl BrownRice & Veggies Capri Mixed Veg	DIABETIC Chicken Breast Mushroom Alfredo WW Rotini / Broccoli
BLAND Baked Tilapia Herbed White Rice Hearty VegetableStew	BLAND WhiteTurkey & 'Shrm Ragout White Egg Noodles Peas & Carrots	BLAND Pineapple Glazed Chicken Ginger Garlic Sauce Brown Rice / Green Beans	BLAND Balsamic Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodle / Green Beans
VEGETARIAN Barley Red Bean Brown Rice HeartyVegetableStew	VEGETARIAN Roasted Tofu / Balsamic Portabello Cannellini Bean Cacciatore Herbed Polenta	VEGETARIAN Yogurt Herb Chicken Mushroom Alfredo Orzo Pilaf w/ Peas & Green Beans	VEGETARIAN Roasted Tofu Golden Lentil Dahl Turmeric Brown Rice / Kale Saute
13-Apr	14-Apr	15-Apr	16-Apr
REGULAR Chicken Chilaquiles Brown Rice Garden Mixed Veg	REGULAR Beef & Lentil Stew Brown Rice Green Beans	REGULAR Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg	REGULAR Turkey Picadillo Herb Sauce Brown Rice / Broccoli
DIABETIC Chicken Breast Mushroom Alfredo WW Rotini / Broccoli	DIABETIC Chicken Chilaquiles Brown Rice Garden Mixed Veg	DIABETIC Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg	DIABETIC Turkey Picadillo Herb Sauce Brown Rice / Broccoli
RENAL Balsamic Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodle / Green Beans	RENAL Goan Pork Asado Brown Rice Carrots & Green Beans	RENAL EnglishPeaRicottaFri BalsamicOnionRelish White Rice / Broccoli	RENAL Stuffed PepperTurkey Picadillo House Enchilada Sauce White Rice w/Herbs / Cauliflower
17-Apr	18-Apr		
REGULAR Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg	REGULAR Pork-Chickpea Stew Brown Rice Broccoli		
DIABETIC Roasted ChickenThigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg	DIABETIC Pork-Chickpea Stew Brown Rice Broccoli		
RENAL Tempeh Burrito Casserole Garlic Confit Brussel Sprouts	RENAL Roasted Pork Loin Blackeyed Peas & Peanut Stew White Rice / Garlic Confit		



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12-Apr BLAND	13-Apr BLAND	14-Apr BLAND	15-Apr BLAND	16-Apr BLAND	17-Apr BLAND	18-Apr BLAND
Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodles / Mushroom Veg Saute	Baked Tilapia Creamy Dill Sauce White Egg Noodles / Capri Mix Veg	Roasted Pork Loin Mashed Potatoes Mushroom Veg Saute	Chicken Corn Chowder White Rice w/Herbs Carrots&GreenBeans	Turkey Picadillo Cream of Celery White Rice w/Herbs / Eggplant Zucchini Saute	Tempeh Tuna Cake Creamy Basil Sauce Orzo / Root Veg Chickpea Hash	Beef Tofu Fricassee Mashed Potatoes* Green Beans
VEGETARIAN Tofu Burger Chickpea Gravy WW Rotini / Broccoli	VEGETARIAN Spiced Tempeh Cake Spinach Lemon Herb Brown Rice / Cauliflower	VEGETARIAN English Pea Ricotta Frittata Balsamic Onion Relish WW Rotini / Carrots	VEGETARIAN Stuffed Pepper Mu Shu Veg Ginger & Orange Sauce Brown Rice / Stir Fry Veg	VEGETARIAN Three Bean Tofu Brown Rice Garden Mixed Veg	VEGETARIAN Tempeh Burrito Casserole House Enchilada Sauce Br.Sprouts & Carrots	VEGETARIAN Roasted Tofu Cutlets Blk-Eyed Pea Peanut Stew Brown Rice
19-Apr REGULAR Roasted ChickenThigh Rosemary-Union Sauce Brown Rice / Garden Mixed Veg	20-Apr REGULAR Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onions	21-Apr REGULAR Chicken Cacciatore WW Rotini Green Beans	22-Apr REGULAR Tilapia / Parsley Sauce Brown Rice Artichoke Provencal	23-Apr REGULAR Beef Curry* Coconut Brown Rice Broccoli	24-Apr REGULAR Roasted TurkeyBreast Quinoa Pilaf Garden Mixed Veg	25-Apr REGULAR Chicken Pomodoro WW Rotini Capri Mix Veg
DIABETIC Roasted ChickenThigh Sauce Brown Rice / Carrots	DIABETIC Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onions	DIABETIC Chicken Cacciatore WW Rotini Green Beans	DIABETIC Tilapia / Parsley Sauce Brown Rice Artichoke Provencal	DIABETIC Beef Curry Brown Rice Pilaf Broccoli	DIABETIC Roasted TurkeyBreast Quinoa Pilaf Carrots&GreenBeans	DIABETIC Chicken Pomodoro WW Rotini Capri Mixed Veg
RENAL Chicken Breast Rosemary-Onion Brown Rice / Garden Mixed Veg	RENAL Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Spicy Cabbage & Onion	RENAL Chicken Cacciatore WW Rotini Green Beans	RENAL Blackened Chicken Breast Balsamic Onion Relish Cheddar Grits / Capri Mixed Veg	RENAL Beef Curry* Coconut Brown Rice Broccoli	RENAL RoastedTurkeyBreast Quinoa Pilaf Zucchini Mushroom Sc	RENAL Tilapia / Bell Pepper Relish Brown Rice & Beans Brussel Sprouts
BLAND Pork & Root Veg Stew Orzo Pilaf w/ Lentil Capri Mix Veg	BLAND Roasted Pork Loin Potato Cream Sauce White Egg Noodle / Mushroom & Veg Saute	BLAND Turkey Patty w/Herbs Eggplant Mushroom Sc Orzo / Green Beans	BLAND Chicken Breast Creamy Basil Sauce Cheddar Grits / Carrots & Green Beans	BLAND Beef & 'Shrm Stroganoff White Egg Noodles Peas & Carrots	BLAND Roasted Turkey Breast Mashed Sweet Potato Zucchini 'Shroom Sauce	BLAND Baked Tilapia Orzo Pilaf w/ Peas Eggplant Saute
VEGETARIAN Edamame Brown Rice	VEGETARIAN Eggplant Parmesan* Zesty Tomato Sauce	VEGETARIAN Roasted Southwest Tempeh Garbanzo & Veg Stew	VEGETARIAN CajunTofu w/RedBeans Cheddar Grits	VEGETARIAN Lima Bean Tofu Curry Coconut Brown Rice	VEGETARIAN Kung Pao Tofu* Quinoa Pilaf	VEGETARIAN Blackened Roasted Tofu Sweet Potato Chipotle Sauce
26-Apr REGULAR Braised Pork Loin w/ Tomato Herb Sauce Turmeric Brown Rice / Green Beans	27-Apr REGULAR Beef Stroganoff WW Rotini Br.Sprouts & Carrots	28-Apr REGULAR Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower	29-Apr REGULAR Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts	30-Apr REGULAR Tilapia Peppers & Onions Brown Rice w/Beans / Capri Mix Veg	 <p>Reducing the gas factor:</p> <ul style="list-style-type: none"> • Change the water several times during soaking • Use fresh water to cook the beans • Simmer beans slowly, until they are tender and digestible • Try canned beans as canning process breaks down the gas-producing carbs into digestible form (look for low sodium options!) • Add beans gradually to your diet • Drink plenty of water • Exercise regularly <p>POH includes these awesome ingredients in meals often for a nutrition boost. Join us today!</p>	
DIABETIC Braised Pork Loin w/ Tomato Herb Sauce Turmeric Brown Rice / Green Beans	DIABETIC Beef Stroganoff WW Rotini Br.Sprouts & Carrots	DIABETIC Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower	DIABETIC Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts	DIABETIC Tilapia Rice, Beans & Sweet Potato Peppers & Onions / Capri Mix Veg		
RENAL Braised Pork Loin Herb Sauce Tumeric Brown Rice / Garden Mixed Veg	RENAL Beef Stroganoff White Egg Noodles Carrots	RENAL Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli	RENAL Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts	RENAL Baked Tilapia Brown Rice Peppers & Onions / Capri Mixed Veg		
BLAND Roasted Pork Loin Apple RaisinCelerySc Orzo / Peas & Carrots	BLAND Chicken Breast Alfredo Sauce White Egg Noodles / Carrots	BLAND Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles / Green Beans	BLAND Chicken Eggplant Stew Orzo Carrots & Green Beans	BLAND Baked Tilapia Cream of Celery Sauce White Rice w/Herbs / Peas & Carrots		
VEGETARIAN Tofu Burger-Balls Herb Sauce Tumeric Brown Rice / Garden Mixed Veg	VEGETARIAN Swedish Tempeh Veg Balls Alfredo Sauce WW Rotini / Brussel Sprouts	VEGETARIAN Stuffed ShrmWildRice Marsala Sauce WW Rotini / Broccoli-Cauliflower	VEGETARIAN Falafel Patty Smokey Eggplant Sauce Quinoa Pilaf / Brussel Sprouts	VEGETARIAN Tempeh-Tofu Loaf Wheat Berry Pilaf Peppers & Onions		



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