



AUGUST 2019 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																									
Calcium & Vitamin D: The Bone Builders																																															
<p>Calcium and Vitamin D are important at any age! They work together to help keep your bones healthy and strong. Your bones store most of the calcium in your body. However, to get the calcium from your diet into your bones, you need vitamin D. Calcium and vitamin D are also important for keeping your heart healthy, protecting your immune system, and maintaining nerve function. Vitamin D is known as the “sunshine vitamin,” because your body can make vitamin D when your skin is exposed to sunlight. However, since we’re often bundled up in cloudy San Francisco, many residents may not make enough vitamin D from the sun. Your doctor can tell you if you need to be getting more vitamin D.</p>		<p>How much is needed? The Recommended Daily Allowance (RDA):</p> <table border="1"> <thead> <tr> <th>If you are:</th> <th>Vitamin D 600 International Units (IU)</th> <th>If you are:</th> <th>Calcium 1000 mg</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>1000 mg</td> </tr> <tr> <td>Adults over 70</td> <td>800 IU (more needed!)</td> <td>Female over 50 OR Male over 70</td> <td>1200 mg</td> </tr> </tbody> </table> <p>What are the good sources?</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>3 ounces salmon</td> <td>200</td> </tr> <tr> <td>Vitamin D fortified foods (cereal, juice, milk products)</td> <td>Check the label!</td> <td>3 ounces firm tofu</td> <td>250</td> </tr> </tbody> </table> <p><i>Pay attention to your food sources of these important nutrients and be sure you get enough every day!</i></p>		If you are:	Vitamin D 600 International Units (IU)	If you are:	Calcium 1000 mg	Adults 70 and under	600 International Units (IU)	Female 19-50 OR Male 19-70	1000 mg	Adults over 70	800 IU (more needed!)	Female over 50 OR Male over 70	1200 mg	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	3 ounces salmon	200	Vitamin D fortified foods (cereal, juice, milk products)	Check the label!	3 ounces firm tofu	250	<p>08/01/19 REGULAR Turkey Chili</p> <p>WW Macaroni / Carrots</p> <p>DIABETIC Turkey Chili</p> <p>WW Macaroni / Green Beans</p> <p>RENAL Turkey Meatballs Mushroom Pepper Steak / Egg Noodle</p> <p>BLAND Turkey Meatballs/Alfredo Sauce</p> <p>Egg Noodle/Green Beans</p> <p>VEGETARIAN Tofu & Zucchini Penne</p> <p>Green Beans</p>		<p>08/02/19 REGULAR Roasted Pork Loin</p> <p>Wild Rice Pilaf / Ratatouille</p> <p>DIABETIC Roasted Pork Loin</p> <p>Wild Rice Pilaf / Ratatouille</p> <p>RENAL Pork Loin/Pan Gravy Herb Polenta/Green Beans</p> <p>BLAND Pork Loin / Zucchini & Mushroom Sauce Herb Polenta</p> <p>VEGETARIAN Tempeh&Polenta Cass</p> <p>Peas & Carrots</p>		<p>08/03/19 REGULAR Veggie Loaf / Mushroom Sage Gravy Mashed Potatoes/Broccoli</p> <p>DIABETIC Turkey Veg Frittata / Mushroom Sage Gravy WW Penne/Broccoli</p> <p>RENAL Veggie Loaf/Parsley Sauce Orzo/Green Beans</p> <p>BLAND Turkey Veg Frittata / Mushroom Sage Gravy Orzo</p> <p>VEGETARIAN Veggie Loaf/Mushroom Sage Gravy WW Penne / Carrots</p>		<p>08/04/19 REGULAR Chicken Thigh / Marinara Sauce</p> <p>WW Penne/Green Beans</p> <p>DIABETIC Chicken Thigh / Marinara Sauce</p> <p>WW Penne/Green Beans</p> <p>RENAL Chicken Breast / Pan Gravy Egg Noodle/Green Beans</p> <p>BLAND Chicken Breast/Sweet Potato Sauce Egg Noodle/Green Beans</p> <p>VEGETARIAN Lentil-Oat Burger/Marinara Sauce</p> <p>WW Penne / Green Beans</p>	
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<p>08/05/19 REGULAR Turkey Meatloaf/Mushroom-Dill Sauce Brown Rice / Brussel Sprouts</p> <p>DIABETIC Turkey Meatloaf/Mushroom-Dill Sauce Brown Rice / Brussel Sprouts</p> <p>RENAL Turkey Meatloaf / Mushroom-Dill Sauce Egg Noodles / Green Beans</p> <p>BLAND Turkey Meatloaf / Carrot Sauce Egg Noodles / Green Beans</p> <p>VEGETARIAN Tempeh Shephard Pie Brussel Sprouts</p>		<p>08/06/19 REGULAR Chicken Breast / Puttanesca Sauce Bulgur Pilaf/Eggplant & Peppers</p> <p>DIABETIC Chicken Breast / Puttanesca Sauce Bulgur Pilaf / Eggplant & Peppers</p> <p>RENAL Chicken Breast / Puttanesca Sauce Orzo/Green Beans</p> <p>BLAND Chicken Breast / Mushroom Alfredo Orzo/Green Beans</p> <p>VEGETARIAN Singapore Tofu Curry Bulgur Pilaf / Peas & Carrots</p>		<p>08/07/19 REGULAR Beef Bourguignon Quinoa Pilaf/Green Beans</p> <p>DIABETIC Beef Bourguignon Quinoa Pilaf / Green Beans</p> <p>RENAL Beef Stew Egg Noodle/Green Beans</p> <p>BLAND Vegetable Frittata / Pan Gravy Egg Noodle / Green Beans</p> <p>VEGETARIAN Vegetable Frittata WW Egg Noodles / Green Beans</p>		<p>08/08/19 REGULAR Tilapia Fillet / Sweet & Sour Sauce Fried Brown Rice/Stir-Fry Veg</p> <p>DIABETIC Tilapia Fillet / Sweet & Sour Sauce Fried Brown Rice / Stir Fry Vegetables</p> <p>RENAL Tilapia Fillet / Cream of Celery White Rice/Peas</p> <p>BLAND Tilapia Fillet / Cream of Celery White Rice / Peas & Carrots</p> <p>VEGETARIAN Thai Tempeh Cake / Sweet & Sour Sauce Fried Brown Rice / Stir-Fry Veg</p>		<p>08/09/19 REGULAR Chicken Tetraxini</p> <p>WW Macaroni/Carrots</p> <p>DIABETIC Chicken Tetraxini WW Macaroni / Broccoli</p> <p>RENAL Chicken Stew Macaroni / Carrots</p> <p>BLAND Chicken & Mac Cass Carrots</p> <p>VEGETARIAN White Bean-Spinach Casserole Carrots</p>		<p>08/10/19 REGULAR Irish Pork Stew</p> <p>WW Egg Noodles/Green Beans</p> <p>DIABETIC Irish Pork Stew WW Egg Noodles / Green Beans</p> <p>RENAL Pork & Mushroom Stew Egg Noodle / Green Beans</p> <p>BLAND Pork & Mushroom Stew Egg Noodle / Green Beans</p> <p>VEGETARIAN Tofu Egg FooYoung / Sesame Hoisin Sauce Green Beans</p>		<p>08/11/19 REGULAR BBQ Glazed Chicken Thigh Bulgur Pilaf/Garden Mixed Veg</p> <p>DIABETIC BBQ Glazed Chicken Thigh Bulgur Pilaf / Garden Mixed Veg</p> <p>RENAL BBQ Glazed Chicken Thigh Herb Polenta / Garden Mixed Veg</p> <p>BLAND Chicken Thigh Zucc & Mushroom Sauce / Herb Polenta</p> <p>VEGETARIAN Barley & Bean Burger / BBQ Glaze Herb Polenta / Garden Mixed Veg</p>																																			
<p>08/12/19 REGULAR Pork Loin/Cacciatore Sauce WW Penne/Green Beans</p> <p>DIABETIC Pork Loin/Cacciatore Sauce WW Penne/Normandy Veg</p> <p>RENAL Pork Loin/Carrot Sauce Orzo/Green Beans</p>		<p>08/13/19 REGULAR Thai Beef w/ Basil Brown Rice/Carrots</p> <p>DIABETIC Thai Beef w/ Basil Brown Rice/Carrots</p> <p>RENAL Thai Beef w/ Basil White Rice/Peas</p>		<p>08/14/19 REGULAR Chicken Thigh / Balsamic Onion Sauce WW Penne/Capri Mixed Veg</p> <p>DIABETIC Chicken Thigh/Balsamic Onion Sauce WW Penne/Capri Mixed Veg</p> <p>RENAL Chicken Breast/Balsamic Onion Sauce Egg Noodle/Peas & Carrots</p>		<p>08/15/19 REGULAR Turkey Bolognese WW Penne/Eggplant & Zucchini</p> <p>DIABETIC Turkey Bolognese WW Penne/Eggplant & Zucchini</p> <p>RENAL Veggie Loaf/Pan Gravy Orzo/Green Beans</p>		<p>08/16/19 REGULAR Tilapia Fillet / Creamy Basil Sauce Quinoa Pilaf/Green Beans</p> <p>DIABETIC Tilapia Fillet / Creamy Basil Sauce Quinoa Pilaf/Green Beans</p> <p>RENAL Tilapia Fillet/Herb Sauce Egg Noodles/Carrots</p>		<p>08/17/19 REGULAR Chicken Gumbo Dirty Brown Rice/Carrots</p> <p>DIABETIC Chicken Gumbo Dirty Brown Rice/Carrots</p> <p>RENAL Chicken Stew Herb Polenta / Carrots</p>		<p>08/18/19 REGULAR Chicken Thigh Bulgur Pilaf/Provencal Veg</p> <p>DIABETIC Chicken Thigh Bulgur Pilaf/Provencal Veg</p> <p>RENAL Chicken Breast Orzo /Provencal Veg</p>																																			



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08/12/19	08/13/19	08/14/19	08/15/19	08/16/19	08/17/19	08/18/19
BLAND Pork Loin/Carrot Sauce Orzo/Green Beans	BLAND Beef & Mushroom Stew White Rice/Carrots	BLAND Chicken Breast/Cream of Celery Egg Noodle/Peas & Carrots	BLAND Veggie Loaf/Pan Gravy Orzo/Green Beans	BLAND Tilapia Fillet/Zucc & Mushroom Sauce White Egg Noodle	BLAND Chicken Stew Herb Polenta/Carrots	BLAND Chicken Sweet Potato Casserole Green Beans
VEGETARIAN Tofu & Cannellini Bean Cacciatore WW Penne/Normandy Veg	VEGETARIAN Enchilada Casserole Carrots	VEGETARIAN Tomato Quiche Peas & Carrots	VEGETARIAN Coconut Curry Veg Quinoa & Brown Pilaf	VEGETARIAN Stuffed Mushroom / Creamy Basil Sauce Quinoa Pilaf / Green Beans	VEGETARIAN Tofu Jambalaya Dirty Brown Rice / Carrots	VEGETARIAN Tempeh-Tofu Loaf / Provencal Veg Bulgur Pilaf
08/19/19	08/20/19	08/21/19	08/22/19	08/23/19	08/24/19	08/25/19
REGULAR Beef Fricassee* WW Penne / Garden Mixed Veg	REGULAR Turkey Goulash WW Macaroni / Green Beans	REGULAR Chicken Stew Brown Rice / Brussel Sprouts	REGULAR Tilapia Fillet / Red Pepper Sauce Sp. Brown Rice / Provencal Veg	REGULAR Chicken Thigh / Mushroom Herb Sauce Wild Rice Pilaf / Carrots	REGULAR Beef & Lentil Stew Bulgur Pilaf / Garden Mixed Veg	REGULAR Pork Chile Verde Brown Rice / Br.Sprouts & Carrots
DIABETIC Beef Fricassee* WW Penne / Brussel Sprouts	DIABETIC Turkey Goulash WW Macaroni / Green Beans	DIABETIC Chicken Stew Brown Rice / Garden Mixed Veg	DIABETIC Tilapia Fillet / Red Pepper Sauce Brown Rice / Br.Sprouts & Carrots	DIABETIC Chicken Thigh / Mushroom Herb Sauce Wild Rice Pilaf / Carrots	DIABETIC Beef & Lentil Stew Bulgur Pilaf / Garden Mixed Veg	DIABETIC Pork Chile Verde Brown Rice / Capri Mixed Veg
RENAL Beef Fricassee Egg Noodle / Brussel Sprouts	RENAL Turkey Goulash Orzo / Green Beans	RENAL Chicken Stew Egg Noodle / Garden Mixed Veg	RENAL Tilapia Fillet / English Pea Sauce White Rice	RENAL Chicken Breast / Bell Pepper White Egg Noodle	RENAL Beef & Lentil Stew Orzo / Carrots	RENAL Pork Chile Verde White Rice / Green Beans
BLAND Beef Patty / Zucc & Mushroom Sauce White Egg Noodle	BLAND Turkey Eggplant Torta Pan Gravy / Orzo	BLAND Chicken Stew Egg Noodle / Green Beans	BLAND Tilapia Fillet / English Pea Sauce White Rice	BLAND Chicken & Macaroni Casserole Green Beans	BLAND Beef&Tofu Fricassee Mashed Potatoes / Carrots	BLAND Pork Stew White Rice / Peas & Carrots
VEGETARIAN Eggplant Parmesan / Marinara Sauce WW Penne / Brussel Sprouts	VEGETARIAN Tempeh Bolognese WW Macaroni / Green Beans	VEGETARIAN Tofu & Broccoli Szechwan Brown Rice / Br.Sprouts & Carrots	VEGETARIAN Black Bean Casserole Green Beans	VEGETARIAN Stuffed Mushroom / Mushroom Herb Sauce Wild Rice Pilaf / Carrots	VEGETARIAN Split Pea & Veg Stew Bulgur Pilaf / Green Beans	VEGETARIAN Tofu Chili Verde Brown Rice / Capri Mixed Veg
08/26/19	08/27/19	08/28/19	08/29/19	08/30/19	08/31/19	<p>Join us for a Diabetes Cooking Class Thursday, August 22, 2019 2:00 PM - 3:30 PM</p> <p>FOOD DEMO in the Grocery Center!</p> <p>THURSDAY · AUG 8 · 11 AM BLACKEYED PEAS</p> <p>SATURDAY · AUG 10 · 11 AM · PRODUCE</p> <p>WEDNESDAY · AUG 14 · 9:30 AM · PINTO BEANS</p> <p>FRIDAY · AUG 16 · 11 AM · PRODUCE</p> <p>TUESDAY · AUG 20 · 9:30 AM · GRITS</p> <p>SATURDAY · AUG 24 · 11 AM · PRODUCE</p> <p>WEDNESDAY · AUG 28 · 11 AM · SPLIT PEA</p> <p>FRIDAY · AUG 31 · 11 AM · PRODUCE</p>
REGULAR Tandoori Chix Thigh / Tikka Masala Sauce Quinoa Pilaf / Green Beans	REGULAR Tilapia Fillet / Paprikash Sauce WW Penne / Eggplant & Zucchini	REGULAR Pork Loin / Apple Sauce Brown Rice / Br.Sprouts & Carrots	REGULAR Moroccan Beef Stew Bulgur Pilaf / Green Beans	REGULAR Chicken Thigh Whole Wheat Penne / Creole Vegetables	REGULAR Turkey Meatloaf / Onion Gravy Wild Rice Pilaf / Capri Mixed Veg	
DIABETIC Tandori Chicken Thigh/Tikka Masala Sauce Quinoa Pilaf / Green Beans	DIABETIC Tilapia Fillet / Paprikash Sauce WW Penne / Carrots	DIABETIC Pork Loin / Apple Sauce Brown Rice / Cauliflower	DIABETIC Moroccan Beef Stew Bulgur Pilaf / Green Beans	DIABETIC Chicken Thigh Whole Wheat Penne / Creole Vegetables	DIABETIC Turkey Meatloaf / Onion Gravy Wild Rice Pilaf / Capri Mixed Veg	
RENAL Chicken Breast / Carrot Sauce White Rice / Green Beans	RENAL Tilapia Fillet / Parsley Sauce Egg Noodle / Carrots	RENAL Pork Loin / Apple Sauce Orzo / Green Beans	RENAL Beef Stew w/Turnip Egg Noodle / Green Beans	RENAL Chicken Breast / Chimichurri Sauce Herb Polenta / Peas	RENAL Turkey Meatloaf / Onion Gravy Orzo/Green Beans	
BLAND Chicken Breast / Mushroom Gravy White Rice / Peas & Carrots	BLAND Tilapia Fillet / Carrot Sauce White Macaroni / Green Beans	BLAND Pork Loin / Apple Sauce Orzo / Green Beans	BLAND Beef & Turnip Couscous Pilaf	BLAND Chicken Breast / Vegetable Fricassee Herb Polenta	BLAND Turkey Shepherd Pie Pan Gravy / Green Beans	
VEGETARIAN Tempeh / Tikka Masala Sauce Quinoa Pilaf / Green Beans	VEGETARIAN Cabbage Roll / Paprikash Sauce WW Penne / Carrots	VEGETARIAN Three Bean Chili Brown Rice / Br.Sprouts &	VEGETARIAN Veg 3-Bean Curry Bulgur Pilaf / Green Beans	VEGETARIAN Blackeyed Peas & Kale Herb Polenta / Creole Vegetables	VEGETARIAN Tofu Burger / Onion Gravy Brown Rice / Capri Mixed Veg	