

FEBRUARY 2019 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOOD DEMO in the Grocery Center! TUESDAY · FEB 5 · 11 AM · PRODUCE THURSDAY · FEB 7 · 11 AM · WHEAT BERRIES WEDNESDAY · FEB 13 · 11 AM · PRODUCE FRIDAY · FEB 15 · 11 AM · PRODUCE THURSDAY · FEB 21 · 11 AM · LIMA BEANS SATURDAY · FEB 23 · 11 AM · PRODUCE TUESDAY · FEB 26 · 11 AM · BLACK BEANS THURSDAY · FEB 28 · 11 AM · PRODUCE</p>	<p>Join us!</p> <p>Cooking Class Monday, 02.25.19 2:00 PM - 4:00 PM</p> 	 <p><i>Fill half your plate with veggies and include several servings of fruit daily!</i></p>		<p>1-Feb</p> <p>Chicken & Eggplant Provencal</p> <p>Brown Rice Pilaf</p> <p>Normandy Vegetables</p>
<p>4-Feb</p> <p>Roasted Chicken Thigh / Paprikash Sauce</p> <p>Brown Rice</p> <p>Broccoli</p>	<p>5-Feb</p> <p>Mongolian Chicken Stew</p> <p>Scallion Brown Rice</p> <p>Green Beans</p>	<p>6-Feb</p> <p>Roasted Pork Loin / Marsala Sauce</p> <p>Brown Rice</p> <p>Carrots</p>	<p>7-Feb</p> <p>Baked Tilapia / Sweet & Sour Sauce</p> <p>Bulgur</p> <p>Normandy Vegetables</p>	<p>8-Feb</p> <p>Turkey Meatloaf / Mushroom Sage Gravy</p> <p>Penne</p> <p>Peas & Carrots</p>
<p>11-Feb</p> <p>Roasted Chicken Thigh / French Country Sauce</p> <p>Brown Rice</p> <p>Peas & Carrots</p>	<p>12-Feb</p> <p>Roasted Beef Patty / Onion Gravy</p> <p>Macaroni</p> <p>Carrots</p>	<p>13-Feb</p> <p>Roasted Tilapia / Puttanesca Sauce</p> <p>Penne</p> <p>Broccoli</p>	<p>14-Feb</p> <p>Chicken & Red Bean Stew</p> <p>Spanish Brown Rice</p> <p>Normandy Vegetables</p>	<p>15-Feb</p> <p>Roasted Pork Loin / Salsa Verde</p> <p>Brown Rice</p> <p>Carrots</p>
<p>18-Feb</p> <p>Roasted Chicken Thigh / Cacciatore Sauce</p> <p>Penne</p> <p>Normandy Vegetables</p>	<p>19-Feb</p> <p>Beef Stroganoff</p> <p>Brown Rice</p> <p>Green Beans</p>	<p>20-Feb</p> <p>BBQ Glazed Chicken Thigh</p> <p>Bulgur</p> <p>Cauliflower</p>	<p>21-Feb</p> <p>Baked Tilapia / Caponata Sauce</p> <p>Penne</p> <p>Glazed Carrots</p>	<p>22-Feb</p> <p>Turkey Meatloaf / Marsala Sauce</p> <p>Brown Rice</p> <p>Normandy Vegetables</p>
<p>25-Feb</p> <p>Herb Roasted Chicken Thigh / Salsa Verde</p> <p>Spanish Rice & Beans</p> <p>Green Beans</p>	<p>26-Feb</p> <p>Baked Tilapia / Curry Sauce</p> <p>Bulgur</p> <p>Mixed Vegetables</p>	<p>27-Feb</p> <p>Turkey Bolognese</p> <p>Penne</p> <p>Peas & Carrots</p>	<p>28-Feb</p> <p>Vegetable Curry w/Tofu</p> <p>Brown Rice</p> <p>Normandy Vegetables</p>	