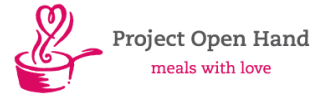


FEBRUARY 2020 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Feb	2-Feb
REGULAR Roasted ChickenThigh Quinoa Pilaf Cabbage & Kale Saute	REGULAR Turkey Goulash WW Macaroni Brussel Sprouts	REGULAR Tilapia Brown Rice White Bean Ragout	REGULAR Beef Bourguignon WW Egg Noodle Peas	REGULAR Roasted ChickenThigh Roasted Garlic Sauce Brown Rice / Garden Mixed Veg	REGULAR Pork Loin / Red Mole Sauce Spanish Brown Rice Southwest Beans	REGULAR Chicken Mushroom Stew WW Egg Noodle Carrots
DIABETIC Chicken Thigh Quinoa Pilaf Cabbage & Kale	DIABETIC Turkey Goulash WW Macaroni Brussel Sprouts	DIABETIC Baked Tilapia Filet White Bean Ragout Capri Mixed Veg	DIABETIC Beef Bourguignon WW Egg Noodles Broccoli	DIABETIC Chicken Thigh Rosemary-Onion Sauce Brown Rice / Garden Mixed Veg	DIABETIC Pork Loin / Red Mole Sauce Southwest Beans Green Beans	DIABETIC Chicken Mushroom Stew WW Egg Noodle Carrots
RENAL Chicken EggplantStew Herb Polenta	RENAL Turkey Goulash White Rice	RENAL Tilapia / Creamy Basil Sauce White Egg Noodle Kale Saute	RENAL Beef & Veg Stew Orzo	RENAL Chicken Breast Mushroom Alfredo White Egg Noodles / Broccoli	RENAL Pork Loin / Red Mole Sauce White Rice Garden Mixed Veg	RENAL Chicken Stew Orzo Broccoli
BLAND Chicken EggplantStew Herb Polenta Green Beans	BLAND Turkey Stuffed 'Shrm Alfredo Sauce White Egg Noodles	BLAND Tilapia / Creamy Basil Sauce White Egg Noodles Peas & Carrots	BLAND Beef & Veg Stew Orzo	BLAND Chicken Breast Mushroom Alfredo Orzo / Green Beans	BLAND Pork Loin / Mushroom Gravy White Rice Green Beans	BLAND Chicken Stew Orzo Zucchini
VEGETARIAN Tempeh & Polenta Casserole Cabbage & Kale Saute	VEGETARIAN Hearty Vegetable WW Macaroni / Brussel Sprouts	VEGETARIAN Roasted Tofu / White Bean Ragout Brown Rice	VEGETARIAN Tomato Quiche Broccoli	VEGETARIAN Tempeh-Tofu Loaf / Rosemary-Onion Bulgur Pilaf Garden Mixed Veg	VEGETARIAN Quinoa & Bean Patty Red Mole Sauce Spanish Br.Rice / Gr. Beans	VEGETARIAN Frittata WW Egg Noodle Peas & Carrots
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
REGULAR Tilapia / Mustard Cream Sauce Bulgur Pilaf Cabbage & Onions	REGULAR Chicken Tikka Masala Spiced Quinoa Brussel Sprouts	REGULAR Sweet & Sour Pork Veg Fried Rice Stir Fry Veg	REGULAR Turkey Meatloaf Roasted Garlic Sauce WW Penne / Carrots	REGULAR Spiced Chicken Thigh Chimichurri Sauce Sp. Brown Rice / Eggplant & Peppers	REGULAR Curry Beef Stew Bulgur Pilaf Capri Mix Veg	REGULAR Chicken Breast Paprikash Sauce WW Egg Noodle / Brussel Sprouts
DIABETIC Tilapia Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	DIABETIC Chicken Tikka Masala Spiced Quinoa Brussel Sprouts	DIABETIC Sweet & Sour Pork Vegetable Fried Rice Stir Fry Veg	DIABETIC Turkey Meatloaf Garlic Sauce WW Penne / Broccoli	DIABETIC Spiced Chicken Thigh Chimichurri Sauce Spanish Brown Rice / Eggplant & Peppers	DIABETIC Curry Beef Stew Bulgur Pilaf Capri Mixed Veg	DIABETIC Chicken Thigh Paprikash Sauce WW Egg Noodles / Brussel Sprouts
RENAL Baked Tilapia Mustard Cream Sauce Orzo / Cabbage & Onions	RENAL Chicken Breast Carrot Sauce White Rice / Green Beans	RENAL Sweet & Sour Pork White Rice Peas & Carrots	RENAL Turkey Meatloaf Pan Gravy White Macaroni / Broccoli	RENAL Chicken Breast Zucchini 'Shroom Sauce White Rice	RENAL Curry Beef Stew Orzo Capri Mixed Veg	RENAL Chicken Breast Parsley Sauce White Rice / Kale Saute
BLAND Baked Tilapia Carrot Sauce White Macaroni / Green Beans	BLAND Chicken Breast English Pea Sauce White Rice / Carrots	BLAND Pork Stew White Rice Peas & Carrots	BLAND Turkey Meatloaf / Pan Gravy White Egg Noodles Carrots & Green Beans	BLAND Chicken Breast Sweet Potato Sauce White Rice / Eggplant Saute	BLAND Beef & Mushroom Stew Orzo Carrots&GreenBeans	BLAND Chicken Breast / Cream of Celery Peas & Carrots Mashed SweetPotatoes
VEGETARIAN Veggie Loaf Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	VEGETARIAN Veg & Bean Curry Spiced Quinoa Brussel Sprouts	VEGETARIAN Kung Pao Tofu Veg Fried Rice Stir Fry Vegetables	VEGETARIAN Stuffed Mushroom Garlic Sauce WW Penne / Carrots & Green Beans	VEGETARIAN Lentil-Oat Burger Sw. Potato Chipotle Sauce Spanish Brown Rice / Green Beans	VEGETARIAN Split Pea & Veg Stew Bulgur Pilaf Capri Mixed Veg	VEGETARIAN Tempeh-Tofu Loaf Paprikash Sauce WW Egg Noodle / Brussel Sprouts



FEBRUARY 2020 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
REGULAR Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans	REGULAR Chicken Breast / Curry Sauce Biryani Brown Rice Stir Fry Veg	REGULAR Rosemary Chicken Thigh Mushroom Sage WW Penne / Carrots	REGULAR Beef Fajita Stew Brown Rice Tex-Mex Beans / Garden Mixed Veg	REGULAR Tilapia Sherry Cream Sauce WW Penne / Brussel Sprouts	REGULAR BBQ Glazed Chicken Thigh Brown Rice & Beans Cabbage & Onions	REGULAR Turkey Chili WW Macaroni Green Beans
DIABETIC Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans	DIABETIC Chicken Breast / Curry Sauce Biryani Brown Rice Stir Fry Veg	DIABETIC Rosemary Chicken Thigh Mushroom Sage Gravy WW Penne / Carrots	DIABETIC Beef Fajita Stew Brown Rice Tex-Mex Beans / Garden Mixed Veg	DIABETIC Baked Tilapia Filet Sherry Cream Sauce WW Penne / Brussel Sprouts	DIABETIC BBQ Glazed Chicken Thigh Baked Beans Cabbage & Onions	DIABETIC Turkey Chili WW Macaroni Green Beans
RENAL Pork Loin / Ginger Orange Sauce White Rice Carrots & Green Beans	RENAL Chicken Breast / Curry Sauce Orzo Stir Fry Veg	RENAL Chicken Tortilla Casserole Broccoli	RENAL Beef Fajita Stew White Rice Peas & Carrots	RENAL Tilapia / English Pea Sauce White Egg Noodles Kale Saute	RENAL Chicken Eggplant Stew White Egg Noodles Green Beans	RENAL Turkey Picadillo White Rice Broccoli
BLAND Pork Loin / Apple Sauce White Rice Carrots & Green Beans	BLAND Chicken Breast Mushroom Alfredo Orzo / Peas & Carrots	BLAND Chicken Tortilla Casserole Green Beans	BLAND Beef Stew White Rice Peas & Carrots	BLAND Baked Tilapia Zucchini 'Shroom Sauce White Rice	BLAND Chicken Eggplant Stew White Egg Noodles Green Beans	BLAND Turkey Picadillo White Rice Green Beans
VEGETARIAN Orange Tofu Stir Fry Sesame Brown Rice Carrots & Green Beans	VEGETARIAN Lima Bean & Tofu Curry Biryani Brown Rice Stir Fry Veg	VEGETARIAN Veggie Loaf Mushroom Sage Gravy WW Penne / Carrots	VEGETARIAN Roasted Tempeh Vegetarian Ranchero Brown Rice / Garden Mixed Veg	VEGETARIAN Stuffed Mushroom Sherry Cream Sauce WW Penne / Brussel Sprouts	VEGETARIAN Tofu Egg Foo Young Pan Gravy Brown Rice / Brussel Sprouts	VEGETARIAN Barley & Bean Burger BBQ Glaze Brown Rice / Green Beans
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
REGULAR Roasted Chicken Thigh Cajun Brown Rice Creole Vegetables	REGULAR Garlic Beef WW Egg Noodle Capri Mix Veg	REGULAR Chicken Lentil Stew Bulgur Pilaf Green Beans	REGULAR Tilapia Puttanesca Sauce Brown Rice Pilaf / Carrots	REGULAR Turkey Meatloaf Zesty Tomato Sauce WW Penne / Garden Mixed Veg	REGULAR Roasted Chicken Thigh Quinoa Pilaf Cauliflower Tagine	REGULAR Irish Pork Stew Brown Rice Pilaf Br. Sprouts & Carrots
DIABETIC Chicken Thigh Cajun Brown Rice Creole Vegetables	DIABETIC Garlic Beef WW Egg Noodle Capri Mix Veg	DIABETIC Chicken Lentil Stew Bulgur Pilaf Green Beans	DIABETIC Tilapia Filet Puttanesca Sauce Brown Rice Pilaf / Broccoli	DIABETIC Turkey Meatloaf Zesty Tomato Sauce WW Penne / Cauliflower	DIABETIC Chicken Thigh Cauli-Lentil Tagine	DIABETIC Irish Pork Stew Brown Rice & Beans Carrots
RENAL Chicken Breast Bell Pepper Relish W. Egg Noodle / Broccoli	RENAL Garlic Beef Orzo	RENAL Beef Fricassee w/Tofu White Egg Noodle	RENAL Baked Tilapia Puttanesca Sauce White Macaroni / Kale Saute	RENAL Turkey Patty Pan Gravy Orzo / Green Beans	RENAL Chicken Breast Celery Cauliflower Sauce White Rice / Kale Saute	RENAL Irish Pork Stew Orzo
BLAND Chicken Breast Sweet Potato Sauce White Egg Noodles / Carrots & Green Beans	BLAND Vegetable Frittata Orzo Green Beans	BLAND Beef Fricassee w/Tofu White Egg Noodles Carrots & Green Beans	BLAND Baked Tilapia Creamy Basil Sauce White Macaroni / Carrots	BLAND Turkey Patty Mushroom Gravy Orzo / Green Beans	BLAND Chicken Breast Cream of Celery Mashed Potatoes / Zucchini	BLAND Pork & Mushroom Stew Orzo Peas & Carrots
VEGETARIAN Blackeyed Peas & Kale Cajun Brown Rice	VEGETARIAN Tempeh / Sweet Potato Grits Bell Pepper Relish Br. Sprouts & Carrots	VEGETARIAN Tofu Burger Split Pea & Veg Stew Bulgur Pilaf	VEGETARIAN Eggplant Parmesan Puttanesca Sauce WW Egg Noodle / Broccoli	VEGETARIAN Tofu / Portabello & Peppers WW Penne Cauliflower Raw	VEGETARIAN Vegetarian Moussaka Quinoa Pilaf Cauliflower	VEGETARIAN Tempeh Burrito Casserole Br. Sprouts & Carrots