

FEBRUARY 2021 WELLNESS MENU

MONDAY 1-Feb	TUESDAY 2-Feb	WEDNESDAY 3-Feb	THURSDAY 4-Feb	FRIDAY 5-Feb	SATURDAY 6-Feb	SUNDAY 7-Feb
REGULAR Tilapia / Salsa Verde Wheat Berry Pilaf Garden Mixed Veg	REGULAR Roasted Chicken Thigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg	REGULAR Turkey Chili Brown Rice Garden Mixed Veg / Herb Sauce	REGULAR Beef Bourguignon WW Rotini Capri Mix Veg	REGULAR Pork Mole Brown Rice Garden Mixed Veg / Chimichurri Sauce	REGULAR Chicken Tikka Masala Brown Rice & Veggies Carrots	REGULAR Roasted Turkey Breast Turkish Split Pea Veg Stew Eggplant & Zucchini/ Zesty Herb Puree
DIABETIC Tilapia / Salsa Verde Wheat Berry Pilaf Garden Mixed Veg	DIABETIC Roasted Chicken Thigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg	DIABETIC Turkey Chili Herb Sauce Brown Rice / Green Beans	DIABETIC Beef Bourguignon WW Rotini Capri Mixed Veg	DIABETIC Pork Mole Brown Rice Garden Mixed Veg / Chimichurri Sauce	DIABETIC Chicken Tikka Masala BrownRice & Veggies Broccoli	DIABETIC Roasted TurkeyBreast Turkish Pea Veg Stew Eggplant, Zucchini / Zesty Herb Puree
RENAL Tilapia / Salsa Verde Orzo Garden Mixed Veg	RENAL Chicken Mushroom Noodle Casserole Garlic Confit Capri Mix Veg	RENAL Turkey Picadillo Orzo Garden Mixed Veg	RENAL Tempeh Tuna Cake Eggplant Mushrom Sauce White Egg Noodle / Broccoli	RENAL Pork Mole Herbed White Rice Garden Mixed Veg / Garlic Confit	RENAL Chicken Tikka White Rice Green Beans / Herb Sauce	RENAL Roasted Turkey Breast Chimichurri Sauce White Egg Noodle / Green Beans
BLAND Beef Herb Stew Orzo Green Beans	BLAND Chix Shrm NoodleCass Carrots	BLAND Turkey Picadillo Cream of Celery Orzo / Green Beans	BLAND Tempeh Tuna Cake EggplantShroomSauce White Egg Noodles / Capri Mixed Veg	BLAND Pork & Root Veg Stew White Rice w/Herbs Peas & Carrots / Herb Sauce	BLAND Chicken Veg Fricasee White Egg Noodles Green Beans / Herb Sauce	BLAND Roasted Turkey Breast / Mushroom Gravy Mashed Parsnip Potato Green Beans / Herb Sauce
VEGETARIAN Roasted SW Tempeh Garbanzo & Veg Stew Wheat Berry Pilaf / Garden Mixed Veg	VEGETARIAN Spiced Tempeh Cake Bell Pepper Relish Quinoa Pilaf / Capri Mixed Veg	VEGETARIAN Roasted Tofu Garden Veg Bean Chili Brown Rice	VEGETARIAN Zucchini Tofu Pasta Bell Pepper Relish Capri Mixed Veg	VEGETARIAN Tofu Sweet Potato Hash Chimichurri Sauce Brown Rice	VEGETARIAN Red Bean Parsnip Masala Brown Rice & Veggies Carrots	VEGETARIAN Roasted SW Tempeh Turkish Split Pea Veg Stew Brown Rice / Garlic Confit
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
REGULAR Beef w/ Eggplant Brown Rice Garden Mixed Veg	REGULAR Tilapia Wheat Berry Pilaf Peppers & Onions	REGULAR Roasted ChickenThigh Ginger & Orange Sauce Sesame Garlic B. Rice / Brussel Sprouts	REGULAR Braised Pork Loin Tumeric Brown Rice Garden Mixed Veg / Herb Sauce	REGULAR Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions	REGULAR Chicken Breast Creamy Pesto Sauce WW Rotini / Garden Mixed Veg	REGULAR Roasted Chicken Thigh Red Pepper Sauce Brown Rice / Garden Mixed Veg
DIABETIC Beef w/Eggplant Brown Rice / Garlic Confit Carrots & Green Beans	DIABETIC Tilapia Wheat Berry Pilaf Peppers & Onions	DIABETIC Roasted Chicken Thigh Ginger & Orange Sauce Sesame Garlic B.Rice / Carrots	DIABETIC Braised Pork Loin Sweet Potato Sauce Tumeric Brown Rice / Mediterreanean Ven	DIABETIC Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions	DIABETIC Chicken Breast Creamy Pesto Sauce WW Rotini / Carrots	DIABETIC Chicken Chilaquiles Herb Sauce Garden Mixed Veg
RENAL Rosemary Beef Stew Herbed White Rice Garden Mixed Veg / Garlic Confit	RENAL Baked Tilapia Peppers & Onions White Egg Noodles / Garlic Confit	RENAL Chicken Breast Ginger & Orange Sauce White Rice / Brussel Sprouts	RENAL Braised Pork Loin Orzo Broccoli	RENAL Turkey Meatloaf w/ Tomato Glaze Orzo Spicy Cabbage & Onion	RENAL Chicken Breast Creamy Pesto Sauce White Rice / Garden Mixed Veg	RENAL Sweet Spicy Chicken &Veg Orzo Garden Mixed Veg
BLAND F20W5D1 Tempeh Tuna Cake Roasted Carrot Sauce Herbed White Rice / Green Beans	BLAND F20W5D2 Beef Stew Herb Sauce White Egg Noodles / Zucchini	BLAND F20W5D3 Chicken Breast Creamy Pea &Cheese Sauce Orzo / Carrots & Green Beans	BLAND F20W5D4 Roasted Pork Loin Apple Raisin Celery Sauce Orzo / Peas & Carrots	BLAND F20W5D5 White Turkey Lasagna Green Beans	BLAND F20W5D6 Chicken Breast Parship Carrot Sauce White Rice / Zucchini	BLAND F20W5D7 ChixTortillaSwPCass Green Beans
VEG F20W5D1 Vegetarian Moussaka Red Pepper Sauce Brown Rice / Garden Mixed Veg	VEG F20W5D2 Tempeh-Tofu Loaf White Bean Portabello Brown Rice / Peppers & Onions	VEG F20W5D3 Stuffed Pepper Mu Shu Veg Ginger & Orange Sauce Sesame Garlic Rice	VEG F20W5D4 Tofu Burger-Balls Sweet Potato Sauce Tumeric Brown Rice / Mediterreanean Veg	VEG F20W5D5 Roasted Veg Lasagna Zesty Tomato Sauce Cabbage & Onions	VEG F20W5D6 Jalapeno Popper Frittata Creamy Pesto Sauce Brown Rice / Garden Mixed Veg	VEG F20W5D7 Tempeh Chilaquiles Rojo Brown Rice Garden Mixed Veg

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Beef Birria	Turkey Goulash	Chicken Breast	BBQ Pork Stew	Blackened Chicken	Tilapia	Chicken Tinga
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Spanish Rice & Beans	Cheddar Grits	Chimichurri Sauce	Brown Rice Pilaf
Eggplant & Peppers	Garden Mixed Veg / Herb Sauce	Quinoa Pilaf / Creole Vegetables	Carrots & Green Beans	Creole Vegetables	Brown Rice / Capri Mix Veg	Broccoli / Herb Sauce
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Beef Birria	Turkey Goulash	Roasted Chicken Thigh	BBQ Pork Stew	Blackened Chicken	Tilapia	Chicken Tinga
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Balsamic Onion Relish	Cheddar Grits	Chimichurri Sauce	Brown Rice Pilaf
Eggplant & Peppers	Garden Mixed Veg		Brown Rice / Capri Mix Veg	Creole Vegetables	Brown Rice / Capri Mix Veg	Capri Mixed Veg / Herb Sauce
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Beef Birria	Turkey Goulash	Balsamic Chicken Breast	Goan Pork Asado	Blackened Chicken	Baked Tilapia	Chicken Tinga
White Rice	White Rice	Onion & Feta Relish	Bell Pepper Relish	Cheddar Grits	Chimichurri Sauce	Orzo
Broccoli / Garlic Confit	Cauliflower	White Egg Noodle / Creole Vegetables	White Rice / Carrots & G. Beans	Cauliflower / Garlic Confit	White Rice / Capri Mixed Veg	Broccoli / Garlic Confit
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Potato Dill Stew	Turkey Patty w/Herbs	Chicken Breast	Continental Pork Stew	Yogurt Herb Chicken	Tuna & Veg Frittata	Chicken Corn Chowder
White Rice	Cream of Celery	Bechamel Sauce	Orzo	Herb Sauce	Basil Pesto	Mashed Parsnip Potato
Eggplant Saute	White Egg Noodles / Mushroom & Veg Saute	White Egg Noodles / Peas & Carrots	Carrots & Green Beans	Cheddar Grits / Carrots & Green Beans	Orzo / Capri Mixed Veg	Zucchini
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh-Tofu Loaf / Enchilada Sauce	Swedish Tempeh Veg Balls	Tofu Burger / Chickpea Gravy	Spiced Tempeh Cake	Cajun Tofu w/Red Beans	Falafel Patty	Vegetarian Ranchero
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Smokey Eggplant 'Shrm Sauce	Garlic Confit	Chimichurri Sauce	Brown Rice Pilaf
Broccoli / Garlic Confit	Garden Mixed Veg / Herb Sauce	Creole Vegetables	Spanish Rice & Beans / Carrots&G. Beans	Cheddar Grits / Creole Vegetables	WW Macaroni / Broccoli	Broccoli / Garlic Confit
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Herb Chicken Thigh	Tomato-Glazed Turkey Meatloaf	Chicken Lentil Stew	Pork Loin w/Rosemary	Tilapia w/ Curry	BBQ Glazed Chicken Thigh	Beef Fajita Stew
Cilantro Chile Rice	Marsala Sauce / WW Egg Noodle	Bulgur Pilaf	Herb Sauce	Brown Rice	Beans w/Kale	Brown Rice & Beans
Green Beans	Broccoli-Cauliflower / Herb Sauce	Brussel Sprouts / Herb Sauce	Brown Rice / Caponata Sauce	Vegetables w/Coconut	Garden Mixed Veg	Carrots & G. Beans
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Herbed Chicken Thigh	Tomato-Glazed Turkey Meatloaf	Chicken Lentil Stew	Pork Loin w/Rosemary	Tilapia w/ Curry	BBQ Glazed Chicken Thigh	Beef Fajita Stew
Cilantro Chile Rice	Marsala Sauce / WW Egg Noodle	Bulgur Pilaf	Herb Sauce	Brown Rice	Beans w/Kale	Brown Rice
Carrots	Broccoli-Cauliflower / Herb Sauce	Brussel Sprouts / Herb Sauce	Brown Rice / Caponata Sauce	Vegetables w/Coconut	Garden Mixed Veg	Carrots & G. Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Chicken Breast / Chimichurri Sauce	Tomato-Glazed Turkey Meatloaf	Baked Tilapia	Pork Loin w/Rosemary	Spiced Chicken Saute	BBQ Glazed Chicken Thigh	Beef Fajita Stew
Herbed White Rice	Balsamic Onion Relish	Zesty Herb Puree	Herbed Polenta	White Egg Noodle	Herbed White Rice	White Rice
Brussel Sprouts	White Rice / Green Beans	Orzo / Brussel Sprouts	Caponata Sauce	Vegetables w/Coconut	Garden Mixed Veg	Carrots & G. Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Yogurt Herb Chicken	Turkey Stuffed 'Shrm	Eggplant Chicken Stew	Roasted Pork Loin	Vegetable Frittata	Baked Tilapia	Beef & Corn Chowder
Zucchini 'Shroom Sauce	Creamy Basil Sauce	Orzo	Mushroom Alfredo	Cream of Celery	Roasted Carrot Sauce	White Rice
Herbed White Rice / Carrots	White Egg Noodles	Zucchini	Herbed Polenta / Peas & Carrots	White Egg Noodles / Green Beans	White Egg Noodles / Zucchini	Carrots & G. Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Jambalaya	Roasted Tofu Cutlets	Falafel Patty	Tofu Burger-Balls	Marinated Baked Tempeh	Tofu Burger-Balls	Zucchini Frittata
Cilantro Chile Rice	Marsala Sauce	Zesty Herb Puree	Herbed Polenta	Brown Rice	Brown Rice	Brown Rice & Beans
Broccoli	WW Egg Noodle / Glazed Carrots	Bulgur Pilaf / Brussel Sprouts	Caponata Sauce	Vegetables w/Coconut	Beans w/Kale	Carrots & G. Beans