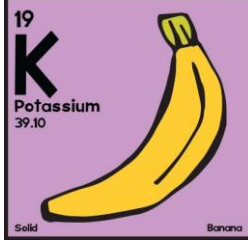
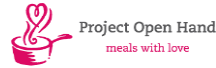


JANUARY 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1/1/2021	SATURDAY 1/2/2021	SUNDAY 1/3/2021																					
Potassium- Good for your Heart																											
 <p>What is potassium?</p> <p>It is a mineral and electrolyte that we need to get from our diet daily. Our body function relies on having the right balance of potassium concentration inside and outside of our cells for nerve signals, muscle contraction, and heart function. Potassium and sodium work together, getting enough potassium and limiting sodium is very important for maintaining blood pressure levels.</p>		<p>What foods have it? The richest sources of potassium are fruits and vegetables. Here are a few common sources:</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #e6f2ff;"> <th>Food</th> <th>Serving</th> <th>Potassium (mg)</th> </tr> </thead> <tbody> <tr><td>Banana</td><td>1 medium</td><td>422</td></tr> <tr><td>Potato, baked with skin</td><td>1 medium</td><td>926</td></tr> <tr><td>Orange</td><td>1 medium</td><td>327</td></tr> <tr><td>Tomato</td><td>1 medium</td><td>237</td></tr> <tr><td>Raisins</td><td>½ cup</td><td>598</td></tr> <tr><td>Spinach, cooked</td><td>½ cup</td><td>420</td></tr> </tbody> </table>		Food	Serving	Potassium (mg)	Banana	1 medium	422	Potato, baked with skin	1 medium	926	Orange	1 medium	327	Tomato	1 medium	237	Raisins	½ cup	598	Spinach, cooked	½ cup	420	<p>REGULAR</p> <p>Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions</p> <p>DIABETIC</p> <p>Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions</p> <p>RENAL</p> <p>Turkey Meatloaf w/ Tomato Glaze Orzo Spicy Cabbage & Onion</p> <p>BLAND F20W5D5</p> <p>White Turkey Lasagna Green Beans</p> <p>VEG F20W5D5</p> <p>Roasted Veg Lasagna Zesty Tomato Sauce Cabbage & Onions</p>	<p>REGULAR</p> <p>Chicken Breast Creamy Pesto Sauce WW Rotini / Garden Mixed Veg</p> <p>DIABETIC</p> <p>Chicken Breast Creamy Pesto Sauce WW Rotini / Carrots</p> <p>RENAL</p> <p>Chicken Breast Creamy Pesto Sauce White Rice / Garden Mixed Veg</p> <p>BLAND F20W5D6</p> <p>Chicken Breast Parsnip Carrot Sauce White Rice / Zucchini</p> <p>VEG F20W5D6</p> <p>Jalapeno Popper Frittata Creamy Pesto Sauce Brown Rice / Garden Mixed Veg</p>	<p>REGULAR</p> <p>Roasted Chicken Thigh Red Pepper Sauce Brown Rice / Garden Mixed Veg</p> <p>DIABETIC</p> <p>Chicken Chilaquiles Herb Sauce Garden Mixed Veg</p> <p>RENAL</p> <p>Sweet Spicy Chicken & Veg Orzo Garden Mixed Veg</p> <p>BLAND F20W5D7</p> <p>ChixTortillaSwPCass Green Beans</p> <p>VEG F20W5D7</p> <p>Tempeh Chilaquiles Rojo Brown Rice Garden Mixed Veg</p>
Food	Serving	Potassium (mg)																									
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<p>How much do I need? The established adequate intake (AI) for adults is 4,700 mg per</p> <p>Research supports that a high intake of dietary potassium can lower blood pressure, and aid in disease prevention of stroke, osteoporosis, and development of kidney stones. The results of the Dietary Approaches to Stop Hypertension (DASH) trial have been informative on learning about the connection between dietary potassium and blood pressure levels.</p> <p><i>In certain cases of medication use or some stages of kidney disease, potassium may need to be limited. Ask your healthcare provider if you need additional information about your own dietary potassium needs.</i></p> <p style="text-align: right; font-size: small;">Fill half your plate with veggies and include several servings of fruit daily to meet your potassium needs!</p>																											

1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021	1/9/2021	1/10/2021
REGULAR Beef Birria Brown Rice & Beans Eggplant & Peppers	REGULAR Turkey Goulash WW Macaroni Garden Mixed Veg / Herb Sauce	REGULAR Chicken Breast Pasta w/Greens Quinoa Pilaf / Creole Vegetables	REGULAR BBQ Pork Stew Spanish Rice & Beans Carrots & Green Beans	REGULAR Blackened Chicken Cheddar Grits Creole Vegetables	REGULAR Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	REGULAR Chicken Tinga Brown Rice Pilaf Broccoli / Herb Sauce
DIABETIC Beef Birria Brown Rice & Beans Eggplant & Peppers	DIABETIC Turkey Goulash WW Macaroni Garden Mixed Veg	DIABETIC Roasted Chicken Thigh Pasta w/Greens	DIABETIC BBQ Pork Stew Balsamic Onion Relish Brown Rice / Capri Mix Veg	DIABETIC Blackened Chicken Cheddar Grits Creole Vegetables	DIABETIC Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	DIABETIC Chicken Tinga Brown Rice Pilaf Capri Mixed Veg / Herb Sauce
RENAL Beef Birria White Rice Broccoli / Garlic Confit	RENAL Turkey Goulash White Rice Cauliflower	RENAL Balsamic Chicken Breast Onion & Feta Relish White Egg Noodle / Creole Vegetables	RENAL Goan Pork Asado Bell Pepper Relish White Rice / Carrots & G. Beans	RENAL Blackened Chicken Cheddar Grits Cauliflower / Garlic Confit	RENAL Baked Tilapia Chimichurri Sauce White Rice / Capri Mixed Veg	RENAL Chicken Tinga Orzo Broccoli / Garlic Confit
BLAND Beef Potato Dill Stew White Rice Eggplant Saute	BLAND Turkey Patty w/Herbs Cream of Celery White Egg Noodles / Mushroom & Veg Saute	BLAND Chicken Breast Bechamel Sauce White Egg Noodles / Peas & Carrots	BLAND Continental Pork Stew Orzo Carrots & Green Beans	BLAND Yogurt Herb Chicken Herb Sauce Cheddar Grits / Carrots & Green Beans	BLAND Tuna & Veg Frittata Basil Pesto Orzo / Capri Mixed Veg	BLAND Chicken Corn Chowder Mashed Parsnip Potato Zucchini
VEGETARIAN Tempeh-Tofu Loaf / Enchilada Sauce Brown Rice & Beans Broccoli / Garlic Confit	VEGETARIAN SwedishTempeh Veg Balls Mushroom Alfredo Sauce / WW Macaroni Garden Mixed Veg	VEGETARIAN Tofu Burger / Chickpea Gravy Pasta w/Greens Creole Vegetables	VEGETARIAN Spiced Tempeh Cake Smokey Eggplant 'Shrm Sauce Spanish Rice & Beans / Carrots&G. Beans	VEGETARIAN CajunTofu w/Red Beans Garlic Confit Cheddar Grits / Creole Vegetables	VEGETARIAN Falafel Patty Chimichurri Sauce WW Macaroni / Broccoli	VEGETARIAN Vegetarian Ranchero Brown Rice Pilaf Broccoli / Garlic Confit
1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021	1/16/2021	1/17/2021
REGULAR Herb Chicken Thigh Cilantro Chile Rice Green Beans	REGULAR Tomato-Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	REGULAR Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts / Herb Sauce	REGULAR Pork Loin w/Rosemary Herb Sauce Brown Rice / Caponata Sauce	REGULAR Tilapia w/ Curry Brown Rice Vegetables w/Coconut	REGULAR BBQ Glazed Chicken Thigh Beans w/Kale Garden Mixed Veg	REGULAR Beef Fajita Stew Brown Rice & Beans Carrots & G. Beans
DIABETIC Herbed Chicken Thigh Cilantro Chile Rice Carrots	DIABETIC Tomato-Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	DIABETIC Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts / Herb Sauce	DIABETIC Pork Loin w/Rosemary Herb Sauce Brown Rice / Caponata Sauce	DIABETIC Tilapia w/ Curry Brown Rice Vegetables w/Coconut	DIABETIC BBQ Glazed Chicken Thigh Beans w/Kale Garden Mixed Veg	DIABETIC Beef Fajita Stew Brown Rice Carrots & G. Beans
RENAL Chicken Breast / Chimichurri Sauce Herbed White Rice Brussel Sprouts	RENAL Tomato-Glazed Turkey Meatloaf Balsamic Onion Relish White Rice / Green Beans	RENAL Baked Tilapia Zesty Herb Puree Orzo / Brussel Sprouts	RENAL Pork Loin w/Rosemary Herbed Polenta Caponata Sauce	RENAL Spiced Chicken Saute White Egg Noodle Vegetables w/Coconut	RENAL BBQ Glazed Chicken Thigh Herbed White Rice Garden Mixed Veg	RENAL Beef Fajita Stew White Rice Carrots & G. Beans



JANUARY 2021 WELLNESS MENU

1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021	1/16/2021	1/17/2021
BLAND Yogurt Herb Chicken Zucchini 'Shroom Sauce Herbed White Rice / Carrots	BLAND Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles	BLAND Eggplant Chicken Stew Orzo Zucchini	BLAND Roasted Pork Loin Mushroom Alfredo Herbed Polenta / Peas & Carrots	BLAND Vegetable Frittata Cream of Celery White Egg Noodles / Green Beans	BLAND Baked Tilapia Roasted Carrot Sauce White Egg Noodles / Zucchini	BLAND Beef & Corn Chowder White Rice Carrots & G. Beans
VEGETARIAN Tofu Jambalaya Cilantro Chile Rice Broccoli	VEGETARIAN Roasted Tofu Cutlets Marsala Sauce WW Egg Noodle / Glazed Carrots	VEGETARIAN Falafel Patty Zesty Herb Puree Bulgur Pilaf / Brussel Sprouts	VEGETARIAN Tofu Burger-Balls Herbed Polenta Caponata Sauce	VEGETARIAN Marinated Baked Tempeh Brown Rice Vegetables w/Coconut	VEGETARIAN Tofu Burger-Balls Brown Rice Beans w/Kale	VEGETARIAN Zucchini Frittata Brown Rice & Beans Carrots & G. Beans
1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021	1/23/2021	1/24/2021
REGULAR Pork Chile Verde Brown Rice Capri Mix Veg	REGULAR Spiced Chicken Thigh Red Mole Sauce Br. Rice & Beans / Broccoli	REGULAR Beef Stroganoff WW Egg Noodle Br.Sprouts & Carrots	REGULAR Tilapia / Herb Sauce Brown Rice White Bean Ragout	REGULAR Roasted Chicken Thigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	REGULAR Turkey Bolognese WW Rotini Carrots	REGULAR Roasted ChickenThigh Bulgur Pilaf Ratatouille
DIABETIC Pork Chile Verde Herb Sauce Brown Rice / Capri Mixed Veg	DIABETIC Spiced Chicken Thigh Red Mole Sauce Br.Rice & Beans / Carrots	DIABETIC Beef Stroganoff WW Egg Noodle Br.Sprouts & Carrots / Herb Sauce	DIABETIC Tilapia / Herb Sauce Brown Rice White Bean Ragout	DIABETIC Roasted ChickenThigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	DIABETIC Turkey Bolognese WW Rotini Carrots	DIABETIC Roasted ChickenThigh Bulgur Pilaf Ratatouille
RENAL Pork Chile Verde White Rice w/Herbs Capri Mixed Veg / Garlic Confit	RENAL Chicken Breast Red Mole Sauce Herbed White Rice / Broccoli	RENAL Beef Stroganoff White Egg Noodles Brussel Sprouts / Garlic Confit	RENAL Baked Tilapia Bell Pepper Relish Orzo / Cauliflower	RENAL Soy Garlic Chicken White Rice w/Herbs Capri Mix Veg	RENAL Turkey Bolognese White Egg Noodles Garden Mixed Veg	RENAL Balsamic Chicken Breast Parsley Sauce Herbed Polenta / Broccoli
BLAND Pork Potato Herb Stew Orzo Carrots & G. Beans	BLAND Chicken Tortilla Casserole White Rice Carrots	BLAND Chicken Breast / Alfredo Sauce White Egg Noodles Green Beans	BLAND Baked Tilapia Herb Sauce Orzo / Zucchini	BLAND Turkey Eggplant Torta White Rice w/Herbs Green Beans	BLAND Beef Shrm Stroganoff White Egg Noodles Peas & Carrots	BLAND Tempeh Tuna Cake English Pea Sauce White Rice / Corn
VEGETARIAN White Bean Spinach Casserole Salsa Verde Capri Mixed Veg	VEGETARIAN Quinoa Tempeh Stuffed Pepper Red Mole Sauce Peas & Carrots / Zesty Herb Puree	VEGETARIAN Swedish Tempeh Veg Balls Alfredo Sauce WW Egg Noodle / Brussel Sprouts	VEGETARIAN Split Pea-CauliPatty Herb Sauce Brown Rice / Bean & Kale Ragout	VEGETARIAN Roasted Tofu Blk-Eyed Pea Peanut Stew Dirty Brown Rice	VEGETARIAN Roasted Tempeh Spinach Lemon Herb WW Rotini / Carrots	VEGETARIAN Roasted SW Tempeh Herbed Polenta Ratatouille
1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021	1/30/2021	1/31/2021
REGULAR Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots	REGULAR Tilapia Sweet & Sour Sauce Brown Rice Pilaf / Stir Fry Veg	REGULAR Chicken Tetrzzini Lemon Mustard Sauce WW Rotini / Brussel Sprouts	REGULAR Spicy Beef Stew Sesame Brown Rice Garden Mixed Veg	REGULAR Turkey Meatloaf Turkey Gravy WW Rotini / Braised Cabbage	REGULAR Chicken Breast Chimichurri Sauce Brown Rice Pilaf / Cauliflower	REGULAR Roasted ChickenThigh Red Pepper Sauce Brown Rice / Cauliflower Tagine
DIABETIC Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots	DIABETIC Tilapia / Sweet & Sour Sauce Brown Rice Pilaf Broccoli-Cauliflower / Garlic Confit	DIABETIC Chicken Tetrzzini Lemon Mustard Sauce WW Rotini / Brussel Sprouts	DIABETIC Spicy Beef Stew Sesame Brown Rice Carrots / Broccoli	DIABETIC Turkey Meatloaf Turkey Gravy / WW Rotini Braised Cabbage & Carrots	DIABETIC Chicken Breast / Chimichurri Sauce Brown Rice Pilaf Peas & Carrots	DIABETIC Roasted Chicken Thigh Red Pepper Sauce Brown Rice / Cauliflower Tagine
RENAL Roasted Pork Loin Mushroom Dill Sauce White Rice / Cauliflower	RENAL Baked Tilapia Sweet & Sour Sauce Herbed White Rice / Stir Fry Veg	RENAL Pineapple Glazed Chicken Lemon Mustard Sauce White Egg Noodles / Brussel Sprouts	RENAL Spicy Beef Stew Orzo Green Beans	RENAL Turkey Meatloaf Turkey Gravy White Egg Noodle / Peas & Carrots	RENAL Chicken Breast Chimichurri Sauce Orzo / Cauliflower	RENAL Turkey Tortilla Cass Red Pepper Sauce Broccoli
BLAND Roasted Pork Loin / Mushroom Gravy White Egg Noodles Peas & Carrots	BLAND Baked Tilapia/ Cream of Celery White Rice w/Herbs Carrots	BLAND Chicken Breast / Mushroom Alfredo Sauce White Egg Noodles Green Beans	BLAND Beef Tofu Fricassee Orzo Mixed Veg Saute	BLAND Turkey Patty / Pan Gravy White Egg Noodles Green Beans	BLAND Chicken Breast Herb Sauce Orzo / Zucchini	BLAND Roast Chicken Thigh White Egg Noodles Eggplant Zucchini Saute
VEGETARIAN Roasted Tofu Zesty Herb Puree Bulgur Pilaf / Cauliflower Tagine	VEGETARIAN Tofu Egg Foo Young Brown Rice Pilaf Stir Fry Veg	VEGETARIAN Balsamic Portabello Zesty Herb Puree WW Macaroni /Cannellini Bean Cacciatore	VEGETARIAN Mu Shu Tofu & Veg Sesame Brown Rice Roasted Garden Veg	VEGETARIAN Tempeh Cauli Garbanzo Patty Eggplant Mushroom Saice WW Egg Noodle/ Braised Cabbage	VEGETARIAN Three BeanTofu Chili / Chimichurri Sauce Brown Rice Pilaf Cauliflower	VEGETARIAN Spinach Frittata Red Pepper Sauce Brown Rice / Broccoli