

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 2020 WELLNESS MENU Project Open Hand meals with love		07/01/20	07/02/20	07/03/20	07/04/20	07/05/20
		REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
		Baked Tilapia Filet Brown Rice White Bean Ragout	Beef Bourguignon WW Egg Noodles Peas	Chicken Thigh Rosemary-Onion Brown Rice / Garden Mixed Veg	Roasted Pork Loin Bulgur Pilaf Ratatouille	Chicken Tinga Spanish Brown Rice Carrots
		DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
		Baked Tilapia Filet White Bean Ragout Capri Mixed Veg	Beef Bourguignon WW Egg Noodles Broccoli	Chicken Thigh Rosemary-Onion Brown Rice / Garden Mixed Veg	Roasted Pork Loin Bulgur Pilaf Ratatouille	Chicken Tinga Spanish Brown Rice Carrots
		RENAL	RENAL	RENAL	RENAL	RENAL
		Baked Tilapia Creamy Basil Sauce White Egg Noodle / Kale Saute	Beef & Veg Stew Orzo	Chicken Breast Mushroom Alfredo White Egg Noodles	Roasted Pork Loin Pan Gravy White Egg Noodles / Garden Mixed Veg	Chicken Tinga White Rice
		BLAND	BLAND	BLAND	BLAND	BLAND
		*Baked Tilapia *Creamy Basil Sauce *White Egg Noodles / *Peas & Carrots	*Beef & Veg Stew *Orzo	*Chicken Breast *Mushroom Alfredo *Orzo/*Green Beans	*Roasted Pork Loin *Mushroom Gravy Bland *White Egg Noodles / *Peas & Carrots	*Mushroom & Zucchini Quiche *Peas & Carrots
		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
		Roasted Tofu White Bean Ragout Brown Rice / Capri Mixed Veg	Tomato Quiche Broccoli	Tempeh-Tofu Loaf Rosemary-Onion Bulgur Pilaf / Garden Mixed Veg	Tofu Burger Ratatouille WW Egg Noodle	Veg Tofu Jambalaya Spanish Brown Rice Carrots
07/06/20	07/07/20	07/08/20	07/09/20	07/10/20	07/11/20	07/12/20
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Spiced Chicken Thigh Salsa Verde / Quinoa Pilaf Garden Mixed Veg	Tilapia Mushroom-Dill Sauce WW Rotini / Eggplant & Peppers	Beef Fricasee Brown Rice Brussel Sprouts	Turkey Meatloaf Marsala Sauce WW Penne / Provencscale Veg	BBQ Pork Stew Brown Rice Pilaf Capri Mix Veg	RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg	Chicken Cacciatore Spanish Brown Rice Green Beans
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Spiced Chicken Thigh Salsa Verde / Quinoa Pilaf Garden Mixed Veg	Tilapia Mushroom-Dill Sauce WW Rotini / Eggplant & Peppers	Beef Fricasee Brown Rice Garden Mixed Veg	Turkey Meatloaf Marsala Sauce WW Penne / Provencscale Veg	Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Mixed Veg	RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg	Chicken Cacciatore Spanish Brown Rice Green Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Chicken Breast Salsa Verde White Rice / Garden Mixed Veg	Baked Tilapia Mushroom-Dill Sauce White Macaroni / Carrots & Green Beans	Beef&Tofu Fricassee White Egg Noodles Green Beans	Turkey Meatloaf Pan Gravy Orzo / Broccoli	Pork Stew w/Raisins White Rice	RosemaryChickenThigh Spinach Sauce Herb Polenta / Garden Mixed Veg	Chicken Casserole Green Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
*Chicken Breast *Cream of Celery *White Rice / Carrots	*Baked Tilapia *Roasted Carrot Sauce *White Macaroni / Green Beans	*Beef & Tofu Fricassee *White Egg Noodles *Green Beans	*Turkey Meatloaf *Mushroom Gravy *Orzo / *Zucchini	*Pork Stew *White Rice *Peas & Carrots	*Chicken Breast *Sweet Potato Sauce *Herb Polenta / Carrots & G. Beans	*Chicken Casserole *Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu&Bean ChileVerde Quinoa Pilaf Garden Mixed Veg	Ratatouille w/Tempeh WW Rotini Kale Saute	Spinach Frittata Brown Rice Brussel Sprouts	Stuffed Bell Pepper Salsa Verde Brown Rice / Provencscale Veg	Lentil Casserole Brown Rice Pilaf Capri Mix Veg	Tempeh Shepherd Pie Garden Mixed Veg	Enchilada Casserole Spanish Brown Rice Carrots
07/13/20	07/14/20	07/15/20	07/16/20	07/17/20	07/18/20	07/19/20
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Tandori ChickenThigh Brown Rice Eggplant & Peppers	Beef Stroganoff WW Egg Noodles Peas & Carrots	Tilapia Wine Cream Sauce WW Penne / Carrots	Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	Turkey Bolognese WW Rotini Mediterreanean Veg	Roasted Pork Loin Red Mole Sauce Spanish Brown Rice / Southwest Beans	ChickenMushroom Stew WW Egg Noodles Carrots
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Tandori ChickenThigh Brown Rice Eggplant & Peppers	Beef Stroganoff WW Egg Noodle Eggplant & Zucchini	Tilapia Wine Cream Sauce WW Penne / Carrots	Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	Turkey Bolognese WW Rotini Mediterreanean Veg	Roasted Pork Loin Red Mole Sauce Southwest Beans / Green Beans	ChickenMushroom Stew WW Egg Noodle Carrots
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
TandoriChickenBreast White Rice Eggplant & Peppers	Beef Stew White Egg Noodles Garden Mixed Veg	Baked Tilapia Wine Cream Sauce White Egg Noodle / Kale Saute	Chicken Breast Chimichurri Sauce White Rice / Carrots	Turkey Bolognese White Macaroni Green Beans	Roasted Pork Loin Red Mole Sauce White Rice / Garden Mixed Veg	Chicken Stew Orzo Broccoli

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07/13/20	07/14/20	07/15/20	07/16/20	07/17/20	07/18/20	07/19/20
BLAND *Chicken Breast *English Pea Sauce *Carrots / *White Rice	BLAND *Beef Stew *White Egg Noodles *Peas & Carrots	BLAND *Baked Tilapia *Creamy Basil Sauce *White Egg Noodles / *Eggplant Saute	BLAND *Chicken Breast *Bechamel Sauce *White Macaroni / *Peas & Carrots	BLAND *TurkeyEggplant Torta *Pan Gravy *White Rice	BLAND *Roasted Pork Loin *Mushroom Gravy *White Rice / *Green Beans	BLAND *Chicken Stew *Orzo *Zucchini
VEGETARIAN VegBeanTurnip Curry Brown Rice Eggplant & Peppers	VEGETARIAN TofuMushrmStroganoff WW Egg Noodles Peas & Carrots	VEGETARIAN Tofu Burger Wine Cream Sauce WW Penne / Carrots	VEGETARIAN BeanSpinachCasserole Garden Mixed Veg	VEGETARIAN Quinoa Tempeh Hash Chimichurri Sauce Carrots	VEGETARIAN *Quinoa & Bean Patty *Red Mole Sauce / *Southwest Beans *Spanish Brown Rice / *Green Beans	VEGETARIAN Frittata GDD WW Egg Noodle Peas & Carrots
07/20/20	07/21/20	07/22/20	07/23/20	07/24/20	07/25/20	07/26/20
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 Garlic Sauce WW Rotini / Carrots	REGULAR Spiced Chicken Thigh Chimichurri Sauce Spanish Brown Rice / Eggplant & Peppers	REGULAR Curry Beef Stew Bulgur Pilaf Capri Mix Veg	REGULAR Chicken Breast Paprikash Sauce WW Egg Noodles / B. 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 Rotini / 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 / B. Sprouts
RENAL Baked Tilapia Mustard Cream Sauce Orzo / Cabbage & Onions	RENAL Chicken Breast Roasted 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 REN Zucc'ShroomSauce White Rice	RENAL Curry Beef Stew Orzo Capri Mixed Veg	RENAL Chicken Breast Parsley Sauce White Rice / Kale Saute
BLAND *Baked Tilapia *Roasted 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 *Mashed SweetPotatoes / Peas & Carrots
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 Rotini / Carrots & Green Beans	VEGETARIAN Lentil-Oat Burger SwPotato Chipotle Sc 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
07/27/20	07/28/20	07/29/20	07/30/20	07/31/20	How to include veggies in your breakfast	
REGULAR Roasted Pork Loin Ginger Orange Sauce Sesame Brown Rice / Carrots & Green Beans	REGULAR Chicken Breast Curry Sauce Biryani Brown Rice / Stir Fry Veg	REGULAR RosemaryChickenThigh Mushroom Sage Gravy WW Penne / Carrots	REGULAR Beef Fajita Stew Brown Rice	REGULAR Baked Tilapia Filet Sherry Cream Sauce WW Penne / Brussel Sprouts	The USDA recommends eating four to five ½-cup servings of vegetables each day for optimal health. That may seem overwhelming, but with practice, it is possible include vegetables throughout the day to make it more manageable. Your body will thank you for the increased fiber, vitamins, minerals and nutrients. Let’s start with breakfast.	
DIABETIC Roasted Pork Loin Ginger Orange Sauce Sesame Brown Rice / Carrots & Green	DIABETIC Chicken Breast Curry Sauce Biryani Brown Rice / Stir Fry Veg	DIABETIC RosemaryChickenThigh 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	Warm open-face sandwich. On a slice of toasted whole grain bread, you can layer any of the following: *Slice of cheese *Sauteed greens *Avocado slice *Raw or cooked onion *Grated or sliced beets *Sliced radishes *Any other vegetable – use your imagination!	Breakfast Hash. Try making eggs in this delicious way. Include 1-2 of the following: *¼ onion, sliced *Pre-roasted cubed sweet potatoes, butternut squash, or cauliflower (<i>idea: use leftovers from last night’s dinner</i>) *Greens such as spinach, kale, arugula, or chard *Mushrooms, sliced *Bell peppers, broccoli, or any other vegetable
RENAL Roasted Pork Loin Ginger Orange Sauce White Rice / Carrots&GreenBeans	RENAL Chicken Breast Curry Sauce Orzo / Stir Fry Veg	RENAL Chicken Tortilla Cas White Rice Broccoli	RENAL Beef Fajita Stew White Rice Peas & Carrots	RENAL Baked Tilapia English Pea Sauce White Egg Noodles / Kale Saute		
BLAND *Roasted Pork Loin *Apple Sauce *White Rice / *Carrots&GreenBeans	BLAND *Chicken Breast *Mushroom Alfredo Orzo / *Peas & Carrots	BLAND *Chicken Tortilla Cas *Green Beans	BLAND *Beef Stew *White Rice *Peas & Carrots	BLAND Baked Tilapia Zucc'Shroom Sauce White Rice		
VEGETARIAN Orange Tofu Stir Fry Sesame Brown Rice Carrots&GreenBeans	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	Pumpkin yogurt. This one is super easy, requiring only a can of plain pumpkin. Combine: *¼- ½ cup pumpkin *½ cup plain yogurt *¼ tsp cinnamon *½ tsp brown sugar *Add a handful of chopped walnuts or pecans for added protein and fiber.	