


# JULY 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
<b>Dietary Fiber</b>			<b>1-Jul</b>	<b>2-Jul</b>	<b>3-Jul</b>	<b>4-Jul</b>			
<p><b>What is dietary fiber?</b></p> <p>Fiber is the indigestible part of plant foods such as fruits, vegetables, whole grains, and legumes. There is no fiber in animal products such as milk, eggs, meat, poultry, and fish.</p> <p>Although fiber is not digested, it is beneficial for its ability to act like an internal brush getting rid of bad stuff in the body.</p> <p><b>Fiber:</b></p> <ul style="list-style-type: none"> <li>Slows the absorption of sugar in the body</li> <li>Supports colorectal healthy by keeping bowel movements regular</li> <li>Helps rid unwanted cholesterol from the body</li> <li>Helps maintain a healthy body weight by keeping you feeling full and satisfied longer</li> <li>Feeds our healthy gut bacteria</li> </ul> <p><i>Remember that fiber needs water to move through the body. A high fiber diet without enough fluid may cause constipation. Be sure to drink plenty of water!</i></p>			<p><b>Types of Fiber:</b> There is no need to track the types of fiber you eat, both are important and should be include in your daily diet!</p> <p><b>Soluble : Dissolves in water &amp; forms a gel-like product.</b></p> <p>Aids digestion, lowers cholesterol, blood sugar levels &amp; increases healthy gut bacteria.</p>  <ul style="list-style-type: none"> <li>* Apples</li> <li>* Beans</li> <li>* Citrus Fruit</li> <li>* Barley</li> <li>* Carrot</li> <li>* Oats</li> </ul> <p><b>Insoluble : Does not dissolve in water.</b></p> <p>This form of fiber stimulates bowel movements, helps body process waste better &amp; prevents constipation.</p> <ul style="list-style-type: none"> <li>* Beans</li> <li>* Wheat Bran</li> <li>* Vegetables</li> <li>* Nuts</li> <li>* Whole Wheat Flour</li> <li>* Berries</li> </ul>			<p><b>REGULAR</b></p> <p>Tilapia</p> <p>Bell Pepper Relish</p> <p>Quinoa Pilaf / Garden Mixed Veg</p> <p><b>DIABETIC</b></p> <p>Tilapia</p> <p>Bell Pepper Relish</p> <p>Quinoa Pilaf / Carrots</p> <p><b>RENAL</b></p> <p>White Fish Cakes</p> <p>Basil &amp; Parsley Sauce</p> <p>Quinoa Pilaf / Garden Mixed Veg</p> <p><b>BLAND</b></p> <p>Tuna &amp; Veg Frittata</p> <p>Basil &amp; Parsley Sauce</p> <p>Orzo / Capri Mixed Veg</p> <p><b>VEGETARIAN</b></p> <p>CurriedLentilCassero</p> <p>Garden Mixed Veg</p>	<p><b>REGULAR</b></p> <p>Roasted Turkey Breast</p> <p>Red Mole Sauce</p> <p>Brown Rice &amp; Beans / Broccoli</p> <p><b>DIABETIC</b></p> <p>Roasted Turkey Breast</p> <p>Red Mole Sauce</p> <p>Brown Rice &amp; Beans / Broccoli</p> <p><b>RENAL</b></p> <p>Roasted Turkey Breast</p> <p>Red Mole Sauce</p> <p>Brown Rice / Capri Mixed Veg</p> <p><b>BLAND</b></p> <p>Roasted Turkey Breast</p> <p>Parsnip Carrot Sauce</p> <p>Mashed Potatoes / Zucchini</p> <p><b>VEGETARIAN</b></p> <p>TofuSweet PotatoHash</p> <p>Red Mole Sauce</p> <p>Brown Rice &amp; Beans / Broccoli</p>	<p><b>REGULAR</b></p> <p>Beef Fajita Stew</p> <p>Brown Rice &amp; Beans</p> <p>Carrots &amp; Green Beans</p> <p><b>DIABETIC</b></p> <p>Beef Fajita Stew</p> <p>Brown Rice &amp; Beans</p> <p>Carrots &amp; Green Beans</p> <p><b>RENAL</b></p> <p>Beef Fajita Stew</p> <p>Brown Rice &amp; Beans</p> <p><b>BLAND</b></p> <p>Chicken Tortilla Sweet Potato Casserole</p> <p>Green Beans</p> <p><b>VEGETARIAN</b></p> <p>Vegetarian Ranchero</p> <p>Garlic Confit</p> <p>Brown Rice &amp; Beans</p>	<p><b>REGULAR</b></p> <p>Roasted Chicken Thigh</p> <p>Paprikash Sauce</p> <p>WW Rotini / Brussel Sprouts</p> <p><b>DIABETIC</b></p> <p>Roasted Chicken Thigh</p> <p>Paprikash Sauce</p> <p>WW Rotini / Brussel Sprouts</p> <p><b>RENAL</b></p> <p>Beef Potato Dill Stew</p> <p>WW Rotini</p> <p>Brussel Sprouts</p> <p><b>BLAND</b></p> <p>Beef Potato Dill Stew</p> <p>White Rice</p> <p>Eggplant Saute</p> <p><b>VEGETARIAN</b></p> <p>Tempeh Cauliflower &amp; Garbanzo Patty</p> <p>Paprikash Sauce</p> <p>WW Rotini / Brussel Sprouts</p>
<b>5-Jul</b>	<b>6-Jul</b>	<b>7-Jul</b>	<b>8-Jul</b>	<b>9-Jul</b>	<b>10-Jul</b>	<b>11-Jul</b>			
<p><b>REGULAR</b></p> <p>Pork Loin w/Rosemary</p> <p>Red Wine Sauce</p> <p>WW Rotini / Carrots</p> <p><b>DIABETIC</b></p> <p>Pork Loin w/Rosemary</p> <p>Red Wine Sauce</p> <p>WW Rotini / Carrots</p> <p><b>RENAL</b></p> <p>Pork Loin w/Rosemary</p> <p>White Rice Pilaf</p> <p>Mushroom Veg Saute</p> <p><b>BLAND</b></p> <p>Roasted Pork Loin</p> <p>Mushroom Gravy</p> <p>Mashed Parsnip &amp; Potato / Carrots</p> <p><b>VEGETARIAN</b></p> <p>Tempeh-Tofu Loaf</p> <p>Bechamel Sauce</p> <p>Mashed Parsnips &amp; Potatoes /</p>	<p><b>REGULAR</b></p> <p>Tilapia</p> <p>Sweet &amp; Sour Sauce</p> <p>Brown Rice Pilaf / Stir Fry Veg</p> <p><b>DIABETIC</b></p> <p>Tilapia</p> <p>Sweet &amp; Sour Sauce</p> <p>Brown Rice Pilaf / Stir Fry Veg</p> <p><b>RENAL</b></p> <p>Baked Tilapia</p> <p>Sweet &amp; Sour Sauce</p> <p>White Rice / Stir Fry Veg</p> <p><b>BLAND</b></p> <p>Baked Tilapia</p> <p>Mushroom Veg Saute</p> <p>White Rice Pilaf</p> <p><b>VEGETARIAN</b></p> <p>Tofu Veg Jambalaya</p> <p>Brown Rice Pilaf</p> <p>Stir Fry Veg</p>	<p><b>REGULAR</b></p> <p>Chicken Jambalaya</p> <p>Brown Rice</p> <p>Spicy Green Beans</p> <p><b>DIABETIC</b></p> <p>Chicken Jambalaya</p> <p>Brown Rice</p> <p>Spicy Green Beans</p> <p><b>RENAL</b></p> <p>Chicken Jambalaya</p> <p>Brown Rice</p> <p>Spicy Green Beans</p> <p><b>BLAND</b></p> <p>Chicken Stew</p> <p>Orzo</p> <p>Zucchini</p> <p><b>VEGETARIAN</b></p> <p>TempeChilaquilesRojo</p> <p>Brown Rice</p> <p>Cauliflower</p>	<p><b>REGULAR</b></p> <p>Turkey Meatloaf</p> <p>Parmesan Sauce</p> <p>WW Rotini / Winter Vegetables</p> <p><b>DIABETIC</b></p> <p>Turkey Meatloaf</p> <p>Parmesan Sauce</p> <p>WW Rotini / Winter Vegetables</p> <p><b>RENAL</b></p> <p>Turkey Meatloaf</p> <p>Parmesan Sauce</p> <p>White Rice / Brussel Sprouts</p> <p><b>BLAND</b></p> <p>Turkey Patty w/Herbs</p> <p>Bechamel Sauce</p> <p>Mashed Potatoes / Peas &amp; Carrots</p> <p><b>VEGETARIAN</b></p> <p>Stuffed ShrmWildRice</p> <p>Parmesan Sauce</p> <p>WW Rotini / Winter Vegetables</p>	<p><b>REGULAR</b></p> <p>Moroccan Beef Stew</p> <p>Brown Rice Pilaf</p> <p>Broccoli</p> <p><b>DIABETIC</b></p> <p>Moroccan Beef Stew</p> <p>Brown Rice Pilaf</p> <p>Broccoli</p> <p><b>RENAL</b></p> <p>Moroccan Beef Stew</p> <p>Brown Rice Pilaf</p> <p>Broccoli</p> <p><b>BLAND</b></p> <p>Beef Herb Stew</p> <p>Orzo</p> <p>Green Beans</p> <p><b>VEGETARIAN</b></p> <p>Zucchini Frittata</p> <p>Brown Rice Pilaf</p> <p>Broccoli</p>	<p><b>REGULAR</b></p> <p>Soy Garlic Braised</p> <p>Sesame Garlic Rice</p> <p>Capri Mix Veg / Broccoli-Cauliflower</p> <p><b>DIABETIC</b></p> <p>Soy Garlic Braised</p> <p>Sesame Garlic Rice</p> <p>Broccoli-Cauliflower</p> <p><b>RENAL</b></p> <p>Soy Garlic Chicken</p> <p>Sesame Garlic Rice</p> <p>Capri Mixed Veg</p> <p><b>BLAND</b></p> <p>Yogurt Herb Chicken</p> <p>Basil Pesto</p> <p>White Rice Pilaf / Capri Mix Veg</p> <p><b>VEGETARIAN</b></p> <p>Mu Shu Tofu &amp; Veg</p> <p>Sesame Garlic Rice</p> <p>Broccoli</p>	<p><b>REGULAR</b></p> <p>Roasted ChickenThigh</p> <p>Creamy Basil Sauce</p> <p>Quinoa w/Feta &amp; Garlic-Herb Carrots</p> <p><b>DIABETIC</b></p> <p>Roasted ChickenThigh</p> <p>Creamy Basil Sauce</p> <p>Quinoa w/Feta &amp; Garlic-Herb Carrots</p> <p><b>RENAL</b></p> <p>Tempeh Tuna Cake</p> <p>Bell Pepper Relish</p> <p>White Rice / Carrots</p> <p><b>BLAND</b></p> <p>Tempeh Tuna Cake</p> <p>Herb Sauce</p> <p>Orzo Pilaf w/ Peas &amp; Carrots</p> <p><b>VEGETARIAN</b></p> <p>Spiced Tempeh Cake</p> <p>Bell Pepper Relish</p> <p>Brown Rice / Green Beans</p>			
<b>12-Jul</b>	<b>13-Jul</b>	<b>14-Jul</b>	<b>15-Jul</b>	<b>16-Jul</b>	<b>17-Jul</b>	<b>18-Jul</b>			
<p><b>REGULAR</b></p> <p>Tilapia</p> <p>TurkishPea Veg Stew</p> <p>Tumeric Brown Rice / Capri Mix Veg</p> <p><b>DIABETIC</b></p> <p>Tilapia</p> <p>TurkishPea Veg Stew</p> <p>Tumeric Brown Rice / Capri Mix Veg</p> <p><b>RENAL</b></p> <p>Baked Tilapia</p> <p>Turkish Pea Veg Stew</p> <p>Tumeric Brown Rice / Capri Mixed</p>	<p><b>REGULAR</b></p> <p>Chicken Drumsticks</p> <p>Red Pepper Sauce</p> <p>Quinoa w/Feta / Green Beans</p> <p><b>DIABETIC</b></p> <p>Chicken Drumsticks</p> <p>Red Pepper Sauce</p> <p>Quinoa w/Feta / Green Beans</p> <p><b>RENAL</b></p> <p>Chicken Breast</p> <p>Red Pepper Sauce</p> <p>Herbed White Rice / Garden Mixed Veg</p>	<p><b>REGULAR</b></p> <p>Beef Bourguignon</p> <p>WW Rotini</p> <p>Capri Mix Veg</p> <p><b>DIABETIC</b></p> <p>Beef Bourguignon</p> <p>WW Rotini</p> <p>Capri Mix Veg</p> <p><b>RENAL</b></p> <p>Beef Bourguignon</p> <p>WW Rotini</p> <p>Carrots&amp;GreenBeans</p>	<p><b>REGULAR</b></p> <p>Roasted ChickenThigh</p> <p>Brown Rice Pilaf</p> <p>Bean &amp; Kale Ragout</p> <p><b>DIABETIC</b></p> <p>Roasted Chicken Thigh</p> <p>Brown Rice Pilaf</p> <p>Bean &amp; Kale Ragout</p> <p><b>RENAL</b></p> <p>Chicken Breast</p> <p>Parsley Sauce</p> <p>White Rice / Vegetable Fricassee</p>	<p><b>REGULAR</b></p> <p>Pork Chile Verde</p> <p>Brown Rice</p> <p>Capri Mix Veg</p> <p><b>DIABETIC</b></p> <p>Pork Chile Verde</p> <p>Brown Rice</p> <p>Capri Mixed Veg</p> <p><b>RENAL</b></p> <p>Pork Chile Verde</p> <p>Brown Rice</p> <p>Capri Mix Veg</p>	<p><b>REGULAR</b></p> <p>Roasted Turkey Breast</p> <p>Mushroom-Dijon</p> <p>Brown Rice Pilaf / Brussel Sprouts</p> <p><b>DIABETIC</b></p> <p>Roasted Turkey Breast</p> <p>Mushroom-Dijon</p> <p>Brown Rice Pilaf / Brussel Sprouts</p> <p><b>RENAL</b></p> <p>Chicken Breast</p> <p>Mushroom-Dijon</p> <p>Herbed White Rice / Brussel Sprouts</p>	<p><b>REGULAR</b></p> <p>Chicken Tikka Masala</p> <p>BrownRice &amp; Veggies</p> <p>Carrots</p> <p><b>DIABETIC</b></p> <p>Chicken Tikka Masala</p> <p>BrownRice &amp; Veggies</p> <p>Carrots</p> <p><b>RENAL</b></p> <p>Chicken Tikka</p> <p>Brown Rice</p> <p>Carrots</p>			

# JULY 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>12-Jul</b>	<b>13-Jul</b>	<b>14-Jul</b>	<b>15-Jul</b>	<b>16-Jul</b>	<b>17-Jul</b>	<b>18-Jul</b>
<b>BLAND</b> Baked Tilapia Vegetable Fricassee White Rice w/Herbs	<b>BLAND</b> Chicken Breast ZucchiniTofuPastaCas	<b>BLAND</b> Beef & Corn Chowder White Rice Carrots&GreenBeans	<b>BLAND</b> ContinentalPorkStew White Egg Noodles Capri Mix Veg	<b>BLAND</b> MushrmZucchQuiche Peas	<b>BLAND</b> TurkeyEggplantTorta White Rice Green Beans	<b>BLAND</b> Chicken TortillaCass Green Beans
<b>VEGETARIAN</b> Roasted SW Tempeh/ TurkishPea Turmeric Brown Rice Capri Mix Veg	<b>VEGETARIAN</b> Vegetarian Moussaka Red Pepper Sauce Herbed Polenta / Garden Mixed Veg	<b>VEGETARIAN</b> Tofu Mushroom Stroganoff WW Rotini Peas & Carrots	<b>VEGETARIAN</b> Roasted Tempeh Bean & Kale Ragout Brown Rice Pilaf	<b>VEGETARIAN</b> Zucchini Tofu Pasta Bell Pepper Relish Capri Mixed Veg	<b>VEGETARIAN</b> Veggie Loaf Mushroom-Dijon Mashed Sweet Potato / Brussel Sprouts	<b>VEGETARIAN</b> Spiced Tempeh Cake Smokey Eggplant Shrm Sauce Brown Rice / Carrots
<b>19-Jul</b>	<b>20-Jul</b>	<b>21-Jul</b>	<b>22-Jul</b>	<b>23-Jul</b>	<b>24-Jul</b>	<b>25-Jul</b>
<b>REGULAR</b> Blackened Chicken Herbed Polenta Creole Vegetables	<b>REGULAR</b> Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	<b>REGULAR</b> Braised Pork Loin / Zesty Tomato Baked Pasta w/Greens Cauliflower	<b>REGULAR</b> Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	<b>REGULAR</b> Spicy Beef Stew Sesame Brown Rice Carrots&GreenBeans	<b>REGULAR</b> Chicken Tinga Brown Rice Garden Mixed Veg	<b>REGULAR</b> Meatloaf Florentine WW Rotini Caponata Sauce
<b>DIABETIC</b> Blackened Chicken Herbed Polenta Creole Vegetables	<b>DIABETIC</b> Tilapia / Mushroom Ragout Brown Rice Capri Mix Veg /Basil Sauce	<b>DIABETIC</b> Braised Pork Loin / Zesty Tomato Baked Pasta w/Greens Carrots	<b>DIABETIC</b> Chicken Drumsticks Turkey Gravy WW Rotini / Braised Cabbage	<b>DIABETIC</b> Spicy Beef Stew Sesame Brown Rice Carrots & Green Beans	<b>DIABETIC</b> Chicken Tinga Brown Rice Garden Mixed Veg	<b>DIABETIC</b> Meatloaf Florentine Caponata Sauce WW Rotini / Green Beans
<b>RENAL</b> Jalapeno Popper Frittata Pasta w/Greens	<b>RENAL</b> Baked Tilapia Mushroom Ragout Brown Rice / Peas & Carrots	<b>RENAL</b> Chicken Breast Zesty Tomato Sauce Brown Rice / Cauliflower	<b>RENAL</b> Turkey Meatballs Turkey Gravy WW Rotini / Braised Cabbage	<b>RENAL</b> Spicy Beef Stew Sesame Garlic Brown Rice Carrots & Green Beans	<b>RENAL</b> Chicken Tinga Brown Rice Garden Mixed Veg	<b>RENAL</b> Meatloaf Florentine Herbed Polenta Caponata Sauce
<b>BLAND</b> Turkey Veg Frittata Herb Sauce White Rice / Green Beans	<b>BLAND</b> Baked Tilapia Creamy Dill Sauce Orzo / Peas	<b>BLAND</b> Chicken Breast Potato Cream Sauce Orzo Pilaf w/ Peas & Green Beans	<b>BLAND</b> Turkey Meatballs / Mushroom Alfredo White Egg Noodle Capri Mixed Veg	<b>BLAND</b> PeaTunaRicottaFritt Orzo Green Beans	<b>BLAND</b> Chix Shrm Noodle Casserole Carrots	<b>BLAND</b> Roasted Pork Loin Cheddar Grits Eggplant Saute
<b>VEGETARIAN</b> Jalapeno Popper Frittata Baked Pasta w/Greens Creole Vegetables	<b>VEGETARIAN</b> Roasted Tempeh White Bean Sweet Potato Casserole Capri Mixed Veg	<b>VEGETARIAN</b> Roasted Veg Lasagna Zesty Tomato Sauce Cauliflower	<b>VEGETARIAN</b> Swedish Tempeh Veg Balls Mushroom Sage Gravy WW Rotini /Brussel Sprouts	<b>VEGETARIAN</b> OrangeTofu & Edamame Sesame Garlic Brown Rice	<b>VEGETARIAN</b> Roasted Tofu Brown Rice Garden Veg Bean Chili	<b>VEGETARIAN</b> Tofu Burger-Balls Herbed Polenta Caponata Sauce
<b>26-Jul</b>	<b>27-Jul</b>	<b>28-Jul</b>	<b>29-Jul</b>	<b>30-Jul</b>	<b>31-Jul</b>	
<b>REGULAR</b> Chicken Drumsticks Ginger BBQ Sauce* Brown Rice / Cauliflower Tagine	<b>REGULAR</b> Beef Birria Brown Rice & Beans Garden Mixed Veg	<b>REGULAR</b> Pork Mole Brown Rice Capri Mix Veg	<b>REGULAR</b> Chicken Breast Brown Rice Vegetables w/Coconut	<b>REGULAR</b> Tilapia Dijon Sauce Quinoa Pilaf / Capri Mix Veg	<b>REGULAR</b> Turkey Bolognese WW Rotini Brussel Sprouts	
<b>DIABETIC</b> Chicken Drumsticks Ginger BBQ Sauce Brown Rice / Cauliflower Tagine	<b>DIABETIC</b> Beef Birria Brown Rice & Beans Carrots & Green Beans	<b>DIABETIC</b> Pork Mole Brown Rice Carrots	<b>DIABETIC</b> Chicken Breast Brown Rice Vegetables w/Coconut	<b>DIABETIC</b> Tilapia Dijon Sauce Quinoa Pilaf / Carrots & Green Beans	<b>DIABETIC</b> Turkey Bolognese WW Rotini Brussel Sprouts	
<b>RENAL</b> Chicken Breast Red Pepper Sauce Brown Rice / Cauliflower Tagine	<b>RENAL</b> Beef Birria Brown Rice Garden Mixed Veg	<b>RENAL</b> Pork Mole Brown Rice Capri Mixed Veg	<b>RENAL</b> Chicken Breast HerbedWhite Rice Vegetables w/Coconut	<b>RENAL</b> Baked Tilapia Herbed White Rice Hearty VegetableStew	<b>RENAL</b> Turkey Bolognese White Egg Noodles Brussel Sprouts	
<b>BLAND</b> Chicken Breast / Parsnip Puree Orzo Pilaf w/'Shrm & Peas Green Beans	<b>BLAND</b> Beef Rosemary Stew Orzo Pilaf+LentilPC Capri Mix Veg	<b>BLAND</b> Pork Stew White Egg Noodles Peas	<b>BLAND</b> Chicken Breast / Bechamel Sauce Orzo Root Veg & Chickpea Hash	<b>BLAND</b> Baked Tilapia Carrot Ricotta Herb Sauce White Egg Noodles / Green Beans	<b>BLAND</b> WhiteTurkey & 'Shrm Ragout White Egg Noodles Peas & Carrots	
<b>VEGETARIAN</b> Roasted Tofu Red Pepper Sauce Brown Rice/ Cauliflower Tagine	<b>VEGETARIAN</b> Spinach Frittata Brown Rice & Beans Garden Mixed Veg	<b>VEGETARIAN</b> Enchilada Casserole Broccoli	<b>VEGETARIAN</b> MarinatedBakedTempe Brown Rice Vegetables w/Coconut	<b>VEGETARIAN</b> Barley Red Bean Brown Rice HeartyVegetableStew	<b>VEGETARIAN</b> Roasted Tofu / Balsamic Portabello Cannellini Bean Cacciatore Herbed Polenta	