



JUNE 2021 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
	REGULAR Beef Birria Brown Rice & Beans Garden Mixed Veg	REGULAR Pork Mole Brown Rice Capri Mix Veg	REGULAR Chicken Breast Brown Rice Vegetables w/Coconut	REGULAR Tilapia Dijon Sauce Quinoa Pilaf / Capri Mix Veg	REGULAR Turkey Bolognese WW Rotini Brussel Sprouts	REGULAR Tandori Chicken / Golden Lentil Dahl Brown Rice w/Ginger Capri Mix Veg
	DIABETIC Beef Birria Brown Rice & Beans Carrots & Green Beans	DIABETIC Pork Mole Brown Rice Carrots	DIABETIC Chicken Breast Brown Rice Vegetables w/Coconut	DIABETIC Tilapia Dijon Sauce Quinoa Pilaf / Carrots & Green Beans	DIABETIC Turkey Bolognese WW Rotini Brussel Sprouts	DIABETIC Cumin Spiced Chicken / Golden Lentil Dahl Brown Rice & Veggies Capri Mixed Veg
	RENAL Beef Birria Brown Rice Garden Mixed Veg	RENAL Pork Mole Brown Rice Capri Mixed Veg	RENAL Chicken Breast Herbed White Rice Vegetables w/Coconut	RENAL Baked Tilapia Herbed White Rice Hearty VegetableStew	RENAL Turkey Bolognese White Egg Noodles Brussel Sprouts	RENAL Pineapple Glazed Chicken Ginger Garlic Sauce Brown Rice / Green Beans
	BLAND Beef Rosemary Stew Orzo Lentil Pilaf Capri Mix Veg	BLAND Pork Stew White Egg Noodles Peas	BLAND Chicken Breast / Bechamel Sauce Orzo Root Veg & Chickpea Hash	BLAND Baked Tilapia Carrot Ricotta Herb Sauce White Egg Noodles / Green Beans	BLAND White Turkey & 'Shrm Ragout White Egg Noodles Peas & Carrots	BLAND Yogurt Herb Chicken Mushroom Alfredo Orzo Pilaf w/ Peas & Green Beans
	VEGETARIAN Spinach Frittata Brown Rice & Beans Garden Mixed Veg	VEGETARIAN Enchilada Casserole Broccoli	VEGETARIAN Marinated Baked Tempeh Brown Rice Vegetables w/Coconut	VEGETARIAN Barley Red Bean Brown Rice HeartyVegetableStew	VEGETARIAN Roasted Tofu / Balsamic Portabello Cannellini Bean Cacciatore Herbed Polenta	VEGETARIAN Curry-Spiced Tofu Golden Lentil Dahl Turmeric Brown Rice / Kale Saute
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	13-Jun
REGULAR Chicken Breast Mushroom Alfredo WW Rotini / Broccoli	REGULAR Chicken Chilaquiles Brown Rice Garden Mixed Veg	REGULAR Beef & Lentil Stew Brown Rice Green Beans	REGULAR Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg	REGULAR Turkey Picadillo Herb Sauce Brown Rice / Broccoli	REGULAR Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg	REGULAR Pork-Chickpea Stew Brown Rice Broccoli
DIABETIC Chicken Breast Mushroom Alfredo WW Rotini / Broccoli	DIABETIC Chicken Chilaquiles Brown Rice Garden Mixed Veg	DIABETIC Beef & Lentil Stew Brown Rice Green Beans	DIABETIC Tilapia / Peppers & Onions Orzo Pilaf w/ Peas Garden Mixed Veg	DIABETIC Turkey Picadillo Herb Sauce Brown Rice / Broccoli	DIABETIC Roasted Chicken Thigh Cacciatore Sauce Wild Rice Pilaf / Capri Mix Veg	DIABETIC Pork-Chickpea Stew Brown Rice Broccoli
RENAL Balsamic Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodle / Green Beans	RENAL Goan Pork Asado Brown Rice Carrots & Green Beans	RENAL EnglishPeaRicottaFri BalsamicOnionRelish White Rice / Broccoli	RENAL Pineapple GlazedChix Ginger Orange Sauce Brown Rice / Stir Fry Veg	RENAL Stuffed PepperTurkey Picadillo House Enchilada Sauce White Rice w/Herbs / Cauliflower	RENAL Tempeh Burrito Casserole Garlic Confit Brussel Sprouts	RENAL Roasted Pork Loin Blackeyed Peas & Peanut Stew White Rice / Garlic Confit
BLAND Chicken Breast Carrot Ricotta Herb Sauce White Egg Noodles / Mushroom Veg	BLAND Baked Tilapia Creamy Dill Sauce White Egg Noodles / Capri Mix Veg	BLAND Roasted Pork Loin Mashed Potatoes Mushroom Veg Saute	BLAND Chicken Corn Chowder White Rice w/Herbs Carrots&GreenBeans	BLAND Turkey Picadillo Cream of Celery White Rice w/Herbs / Eggplant Zucc Saute	BLAND Tempeh Tuna Cake Creamy Basil Sauce Orzo / Root Veg Chickpea Hash	BLAND Beef Tofu Fricassee Mashed Potatoes* Green Beans
VEGETARIAN Tofu Burger Chickpea Gravy WW Rotini / Broccoli	VEGETARIAN Spiced Tempeh Cake Spinach Lemon Herb Brown Rice / Cauliflower	VEGETARIAN English Pea Ricotta Frittata Balsamic Onion Relish WW Rotini / Carrots	VEGETARIAN Stuffed Pepper Mu Shu Veg Ginger & Orange Sauce Brown Rice / Stir Fry Veg	VEGETARIAN Three Bean Tofu Brown Rice Garden Mixed Veg	VEGETARIAN Tempeh Burrito Casserole House Enchilada Sauce Br.Sprouts & Carrots	VEGETARIAN Roasted Tofu Cutlets Blk-Eyed Pea Peanut Stew Brown Rice
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
REGULAR Roasted ChickenThigh Rosemary-Onion Brown Rice / Garden Mixed Veg	REGULAR Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onions	REGULAR Chicken Cacciatore WW Rotini Green Beans	REGULAR Tilapia / Parsley Sauce Brown Rice Artichoke Provencal	REGULAR Beef Curry* Coconut Brown Rice Broccoli	REGULAR Roasted TurkeyBreast Quinoa Pilaf Garden Mixed Veg	REGULAR Chicken Pomodoro WW Rotini Capri Mix Veg
DIABETIC Roasted ChickenThigh Rosemary-Onion Brown Rice / Carrots	DIABETIC Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Cabbage & Onions	DIABETIC Chicken Cacciatore WW Rotini Green Beans	DIABETIC Tilapia / Parsley Sauce Brown Rice Artichoke Provencal	DIABETIC Beef Curry Brown Rice Pilaf Broccoli	DIABETIC Roasted TurkeyBreast Quinoa Pilaf Carrots&GreenBeans	DIABETIC Chicken Pomodoro WW Rotini Capri Mixed Veg
RENAL Chicken Breast Rosemary-Onion Brown Rice / Garden Mixed Veg	RENAL Roasted Pork Loin Zesty Tomato Sauce WW Rotini / Spicy Cabbage & Onion	RENAL Chicken Cacciatore WW Rotini Green Beans	RENAL Blackened Chicken Breast Balsamic Onion Relish Cheddar Grits / Capri Mixed Veg	RENAL Beef Curry* Coconut Brown Rice Broccoli	RENAL RoastedTurkeyBreast Quinoa Pilaf Zucchini Mushroom Sc	RENAL Tilapia / Bell Pepper Relish Brown Rice & Beans Brussel Sprouts



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Pork & Root Veg Stew Orzo Pilaf w/ Lentil Capri Mix Veg	Roasted Pork Loin Potato Cream Sauce White Egg Noodle / Mushroom & Veg Saute	Turkey Patty w/Herbs Eggplant Mushroom Sc Orzo / Green Beans	Chicken Breast Creamy Basil Sauce Cheddar Grits / Carrots & Green Beans	Beef & 'Shrm Stroganoff White Egg Noodles Peas & Carrots	Roasted Turkey Breast Mashed Sweet Potato Zucchini 'Shroom Sauce	Baked Tilapia Orzo Pial w/ Peas Eggplant Saute
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
OrangeTofu & Brown Rice	Eggplant Parmesan* Zesty Tomato Sauce WW Rotini / Broccoli	Roasted Southwest Tempeh Garbanzo & Veg Stew Wheat Berry Pilaf / Green Beans	CajunTofu w/RedBeans Cheddar Grits Garden Mixed Veg	Lima Bean Tofu Curry Coconut Brown Rice Broccoli	Kung Pao Tofu* Quinoa Pilaf Peas & Carrots	Blackened Roasted Tofu Sweet Potato Chipotle Sauce Brown Rice & Beans / Cauliflower
21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Braised Pork Loin w/ Tomato Herb Sauce Turmeric Brown Rice/Green Beans	Beef Stroganoff WW Rotini Br.Sprouts & Carrots	Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower	Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts	Tilapia Peppers & Onions Brown Rice w/Beans / Capri Mix Veg	Beef&TurkeyMeatballs Mushroom Herb Sauce WW Rotini / Garlic-Herb Carrots	Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Braised Pork Loin w/ Tomato Herb Sauce Turmeric Brown Rice/Green Beans	Beef Stroganoff WW Rotini Br.Sprouts & Carrots	Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli-Cauliflower	Chicken Lentil Stew Basil Sauce Quinoa Pilaf / Brussel Sprouts	Tilapia Rice, Beans & Sweet Potato Peppers & Onions / Capri Mix Veg	Beef & Turkey Meatballs Mushroom Herb Sauce WW Rotini /Garlic-Herb Carrots	Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Braised Pork Loin Herb Sauce Turmeric Brown Rice / Garden Mixed	Beef Stroganoff White Egg Noodles Carrots	Tomato Glazed-Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli	Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts	Baked Tilapia Brown Rice Peppers & Onions / Capri Mixed Veg	Beef & Turkey Meatballs Mushroom Herb Sauce White Egg Noodle / Green Beans	Mex-Spiced Chicken Breast Salsa Verde Quinoa Pilaf / Garden Mixed Veg
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin Apple RaisinCelerySc Orzo / Peas & Carrots	Chicken Breast Alfredo Sauce White Egg Noodles / Carrots	Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles / Green Beans	Chicken Eggplant Stew Orzo Carrots & Green Beans	Baked Tilapia Cream of Celery Sauce White Rice w/Herbs / Peas & Carrots	Beef Stew White Egg Noodles Zucchini	White Turkey Lasagna Peas
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tofu Burger-Balls Herb Sauce Turmeric Brown Rice / Garden Mixed	Swedish Tempeh Veg Balls Alfredo Sauce WW Rotini / Brussel Sprouts	Stuffed ShrmWildRice Marsala Sauce WW Rotini / Broccoli-Cauliflower	Falafel Patty Smokey Eggplant Sauce Quinoa Pilaf / Brussel Sprouts	Tempeh-Tofu Loaf Wheat Berry Pilaf Peppers & Onions	Stuffed Pepper Veg Loaf Mushroom Herb Sauce WW Rotini /Garlic-Herb Carrots	Tofu & Bean Chile Verde Quinoa Pilaf Garden Mixed Veg
28-Jun	29-Jun	30-Jun	<div style="background-color: #ff00ff; color: white; padding: 5px; text-align: center;"> Homemade Salad Dressing: Easy as 1,2,3 </div> <p>Salad dressing from the store can be a great item to stock in your pantry to encourage you to eat more vegetables daily. However, some pre made dressings can contain more salt or sugar than you would like to be consuming, and can be expensive to boot!</p> <p>Follow this easy guide to making your own salad dressing. You can make a jar and keep it ready for salads all week in the refrigerator, or make just enough for your own salad bowl. By only making what you need, this will reduce food waste and save you money as well.</p> <div style="display: flex; justify-content: space-around; align-items: center;">  +  +  =  </div> <ul style="list-style-type: none"> • Olive Oil • Sesame Oil • Walnut Oil • Canola Oil • Avocado Oil • Balsamic Vinegar • Rice Vinegar • Apple Cider Vinegar • Lemon Juice • Lime Juice • Dried or Fresh Basil • Italian Seasoning • Ground or Fresh Garlic • Ground or Grated Ginger • Dijon Mustard • Hot Sauce like Tabasco <p style="text-align: right;"><i>Try different spices & herbs for variety, find what works best for you. The possibilities are endless!</i></p>			
REGULAR	REGULAR	REGULAR				
Tilapia Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	Chicken Drumsticks Baked Beans w/Kale Garden Mixed Veg	BBQ Pork Brown Rice Capri Mix Veg				
DIABETIC	DM S21W2D2	DM S21W2D3				
Tilapia Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	Chicken Drumsticks Baked Beans w/Kale Garden Mixed Veg	BBQ Pork Brown Rice Capri Mix Veg				
RENAL	RENAL	RENAL				
Baked Tilapia Mushroom Ragout Dirty Brown Rice / Peas & Carrots	Pork Potato Herb Stew Orzo Green Beans	BBQ Pork Brown Rice Capri Mixed Veg				
BLAND	BLAND	BLAND				
Baked Tilapia Zucchini 'Shroom Sauce White Rice w/Herbs / Peas & Carrots	Pork Potato Herb Stew Orzo Green Beans	Chicken Breast Creamy Pea & Cheese Sauce White Egg Noodles / Mushroom Veg				
VEGETARIAN	VEGETARIAN	VEGETARIAN				
Split Pea-CauliPatty Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	Tofu Burger Baked Beans w/Kale Cauliflower	Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice / Capri Mix Veg				