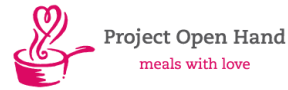


MARCH 2020 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Mar	31-Mar	<div style="text-align: center;"> <p>EAT RIGHT</p> <p>BITE BY BITE</p> <p>National Nutrition Month® March 2020</p> </div> <p>Good Nutrition doesn't have to be restrictive or overwhelming. Small goals & changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.</p> <p>How to Get Started?</p> <ul style="list-style-type: none"> Vary your diet. Eat a variety of nutritious foods every day. Meal Planning. Enjoy healthful eating at school, work, & home. Cook & Prep. Learn skills to create tasty meals to share and enjoy. Visit a Registered Dietitian. To focus on your individual needs, meet with a Project Open Hand Registered Dietitian to get started today! <p><i>Happy National Nutrition Month from all of us at POH!</i></p>				1-Mar
REGULAR Roasted Chicken Thigh Cajun Brown Rice Creole Vegetables DIABETIC Roasted Chicken Thigh Cajun Brown Rice Creole Vegetables RENAL Chicken Breast / White Egg Noodles Green Bell Pepper Relish BLAND Chicken Breast / Creamy Potato Sauce White Egg Noodle / Carrots & Green VEGETARIAN Creole Blackeyed Pea w/ Kale Cajun Brown Rice	REGULAR Garlic Beef w/Vegetables WW Egg Noodle Capri Mixed Vegetables DIABETIC Garlic Beef w/Vegetables WW Egg Noodle Capri Mixed Vegetables RENAL Garlic Beef w/Vegetables Orzo BLAND Vegetable Frittata Orzo / Green Beans VEGETARIAN Roasted Tempeh / Sweet Potato Grits Green Bell Pepper Relish Brussel Sprouts & Carrots					REGULAR Chicken Tinga* Spanish Brown Rice* Carrots* DIABETES Chicken Tinga* Spanish Brown Rice* Carrots* RENAL Chicken Tinga* White Rice* BLAND Mushroom & Zucchini Quiche* Peas & Carrots VEGETARIAN Vegetable & Tofu Jambalaya Spanish Brown Rice Carrots
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
REGULAR Mexican Spiced Chicken Thigh Salsa Verde / Quinoa Pilaf Garden Mixed Vegetables DIABETES Mexican Spiced Chicken Thigh* Salsa Verde / Quinoa Pilaf Garden Mixed Vegetables RENAL Roasted Chicken Breast Salsa Verde / White Rice Garden Mixed Vegetables BLAND Roasted Chicken Breast Cream of Celery White Rice / Carrots VEGETARIAN Bean Chili Verde w/Tofu Quinoa Pilaf Garden Mixed Vegetables	REGULAR Tilapia Filet / Mushroom-Dill Sauce WW Penne Eggplant, Peppers & Onions DIABETES Tilapia Filet / Mushroom-Dill Sauce WW Penne Eggplant, Peppers & Onions RENAL Tilapia Filet / Mushroom-Dill Sauce White Macaroni Carrots & Green Beans BLAND Tilapia Fillet Carrot Sauce White Macaroni / Green Beans VEGETARIAN Ratatouille w/Tempeh WW Penne Kale Saute	REGULAR Beef Fricasee Brown Rice Brussel Sprouts DIABETES Beef Fricasee Brown Rice Garden Mixed Vegetables RENAL Beef & Tofu Fricassee White Egg Noodle Green Beans BLAND Beef & Tofu Fricassee White Egg Noodle Green Beans VEGETARIAN Tomato, Spinach & Mozzarella Frittata* Brown Rice Brussel Sprouts	REGULAR Turkey Meatloaf Marsala Sauce / WW Penne Provenscale Vegetables DIABETES Turkey Meatloaf Marsala Sauce / WW Penne Provenscale Vegetables RENAL Turkey Meatloaf Pan Gravy Bland* Orzo / Broccoli Blanched BLAND Turkey Meatloaf Mushroom Gravy / Orzo Zucchini, Raw VEGETARIAN Stuffed Pepper / Salsa Verde Brown Rice Provenscale Vegetables	REGULAR BBQ Pork Stew w/Pineapple Brown Rice Pilaf Capri Mixed Vegetables DIABETES Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Mixed Veg RENAL Pork Stew w/ Raisins White Rice BLAND Pork Stew White Rice Peas & Carrots VEGETARIAN Curried Lentil Casserole Brown Rice Pilaf Capri Mixed Vegetables	REGULAR Rosemary Chicken Thigh Mushroom & Herb Sauce Bulgur Pilaf / Garden Mixed Veg DIABETES Rosemary Chicken Thigh E-Mushroom & Herb Sauce Bulgur Pilaf / Garden Mixed Veg RENAL Rosemary Chicken Thigh Creamy Spinach Sauce Herb Polenta / Garden Mixed Veg BLAND Roasted Chicken Breast Creamy Sweet Potato Sauce Herb Polenta / Carrots & Green Beans VEGETARIAN Tempeh Shepherd's Pie Garden Mixed Vegetables	REGULAR Chicken Cacciatore 8* Spanish Brown Rice8* Green Beans8* DIABETES Chicken Cacciatore 8* DIAB Spanish Brown Rice4* Green Beans12* RENAL Chicken & Rice Casserole Green Beans BLAND Chicken & Rice Casserole Carrots VEGETARIAN Enchilada Casserole Spanish Brown Rice Carrots
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
REGULAR Tandoori Chicken Thigh Brown Rice Eggplant, Peppers & Onions8* DIABETES Tandoori Chicken Thigh* Brown Rice Eggplant, Peppers & Onions RENAL Tandoori Chicken Breast* White Rice Eggplant, Peppers & Onions	REGULAR Beef Stroganoff WW Egg Noodle Peas & Carrots DIABETES Beef Stroganoff WW Egg Noodle Eggplant, Zucchini & Onions RENAL Beef Stew White Egg Noodle Garden Mixed Vegetables	REGULAR Baked Tilapia Fillet White Wine Cream Sauce WW Penne / Carrots DIABETES Baked Tilapia Fillet White Wine Cream Sauce WW Penne / Carrots RENAL Tilapia Fillet White Wine Cream Sauce Egg Noodle / Kale Saute	REGULAR Roasted Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg DIABETES Roasted Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg RENAL Chicken Breast Chimichurri Sauce White Rice / Carrots	REGULAR Turkey Bolognese WW Penne Mediterranean Vegetables DIABETES Turkey Bolognese WW Penne Mediterranean Vegetables RENAL Turkey Bolognese White Macaroni Green Beans	REGULAR Roasted Pork Loin / Red Mole Sauce Spanish Brown Rice Southwest Beans DIABETES Roasted Pork Loin / Red Mole Sauce Southwest Beans Green Beans RENAL Roasted Pork Loin / Red Mole Sauce White Rice Garden Mixed Vegetables	REGULAR Chicken & Mushroom Stew WW Egg Noodle Carrots DIABETES Chicken & Mushroom Stew WW Egg Noodle Carrots RENAL Chicken Stew* Orzo Broccoli Raw Florettes



MARCH 2020 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
BLAND Roasted Chicken Breast English Pea Sauce White Rice/Carrots	BLAND Beef Stew White Egg Noodle Peas & Carrots	BLAND Tilapia Fillet / Creamy Basil Sauce White Egg Noodle Eggplant Saute	BLAND Chicken Breast / Bechamel Sauce White Macaroni Peas & Carrots	BLAND Turkey & Eggplant Torta Pan Gravy White Rice	BLAND Roasted Pork Loin Mushroom Gravy White Rice / Green Beans	BLAND Chicken Stew Orzo Zucchini, Raw
VEGETARIAN Vegetarian Bean Curry Brown Rice Eggplant, Peppers & Onions	VEGETARIAN Tofu & Mushroom Stroganoff Whole Wheat Egg Noodle Peas & Carrots	VEGETARIAN Tofu Burger White Wine Cream Sauce WW Penne / Carrots	VEGETARIAN White Bean, Spinach Casserole* Garden Mixed Vegetables	VEGETARIAN Quinoa & Tempeh Taco Hash* Chimichurri Sauce* Carrots	VEGETARIAN Quinoa & Black Bean Patty* Red Mole Sauce / Southwest Beans Spanish Brown Rice / Green Beans	VEGETARIAN Frittata WW Egg Noodle Peas & Carrots
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
REGULAR Tilapia Fillet Mustard Cream Sauce Bulgur Pilaf	REGULAR Chicken Tikka Masala8* Indian Spiced Quinoa8* Brussel Sprouts8*	REGULAR Sweet & Sour Pork Vegetable Fried Rice Stir Fry Vegetables	REGULAR Turkey Meatloaf Roasted Garlic Sauce WW Penne / Carrots	REGULAR Mexican Spiced Chicken Thigh Chimichurri Sauce / Sp. Brown Rice Eggplant, Peppers & Onions	REGULAR Curry Beef Stew Bulgur Pilaf Capri Mixed Vegetables	REGULAR Roasted Chicken Breast Paprikash Sauce WW Egg Noodle / Brussel Sprouts
DIABETES Tilapia Fillet Mustard Cream Sauce Bulgur Pilaf / Spicy Cabbage & Onion	DIABETES Chicken Tikka Masala Indian Spiced Quinoa Brussel Sprouts	DIABETES Sweet & Sour Pork Vegetable Fried Rice Stir Fry Vegetables	DIABETES Turkey Meatloaf Roasted Garlic Sauce WW Penne/Broccoli Raw Florettes	DIABETES Mexican Spiced Chicken Thigh Chimichurri Sauce / Sp. Brown Rice Eggplant, Peppers & Onions	DIABETES Curry Beef Stew Bulgur Pilaf Capri Mixed Vegetables	DIABETES Roasted Chicken Breast Paprikash Sauce WW Egg Noodle / Brussel Sprouts
RENAL Baked Tilapia Fillet Mustard Cream Sauce Orzo / Spicy Cabbage & Onion	RENAL Roasted Chicken Breast Carrot Sauce White Rice / Carrots	RENAL Sweet & Sour Pork White Rice Peas & Carrots	RENAL Turkey Meatloaf / Pan Gravy White Macaroni Broccoli Blanched	RENAL Roasted Chicken Breast Zucchini & Mushroom Sauce White Rice	RENAL Curry Beef Stew Orzo Capri Mixed Vegetables	RENAL Roasted Chicken Breast Parsley Sauce White Rice / Kale Saute
BLAND Tilapia Fillet Carrot Sauce White Macaroni/Green Beans	BLAND Roasted Chicken Breast English Pea Sauce White Rice / Carrots	BLAND Pork Stew White Rice Peas & Carrots	BLAND Turkey Meatloaf / Pan Gravy White Egg Noodle Carrots & Green Beans	BLAND Roasted Chicken Breast* Creamy Sweet Potato Sauce White Rice / Eggplant Saute	BLAND Beef & Mushroom Stew Orzo Carrots & Green Beans	BLAND Roasted Chicken Breast Cream of Celery Mashed Sweet Potatoes / Peas &
VEGETARIAN Veggie Loaf Mustard Cream Sauce Bulgur Pilaf / Spicy Cabbage & Onion	VEGETARIAN Vegetarian Bean Curry Indian Spiced Quinoa Brussel Sprouts	VEGETARIAN Kung Pao Tofu Vegetable Fried Rice Stir Fry Vegetables	VEGETARIAN Stuffed Mushroom Roasted Garlic Sauce WW Penne/ Carrots & Green Beans	VEGETARIAN Savory Lentil-Oat Burger Sweet Potato Chipotle Sauce Spanish Brown Rice / Green Beans	VEGETARIAN Turkish Split Pea & Veg Stew Bulgur Pilaf Capri Mixed Vegetables	VEGETARIAN Tempeh-Tofu Loaf Paprikash Sauce WW Egg Noodle/Brussel Sprouts
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
REGULAR Pork Loin / Ginger & Orange Sauce Sesame Brown Rice Carrots & Green Beans	REGULAR Chicken Breast / Curry Sauce Biryani Brown Rice Stir-Fry Vegetables	REGULAR Rosemary Chicken Thigh Mushroom Sage Gravy WW Penne / Carrots	REGULAR Beef Fajita Stew NEW Brown Rice Tex-Mex Beans	REGULAR Tilapia Fillet Sherry Cream Sauce WW Penne / Brussel Sprouts	REGULAR BBQ Chicken Thigh Brown Rice & Beans Spicy Cabbage & Onions	REGULAR Turkey Chili WW Macaroni Green Beans
DIABETES Pork Loin / Ginger & Orange Sauce Sesame Brown Rice Carrots & Green Beans	DIABETES Chicken Breast / Curry Sauce Biryani Brown Rice Stir-Fry Vegetables	DIABETES Rosemary Chicken Thigh Mushroom Sage Gravy WW Penne / Carrots	DIABETES Beef Fajita Stew Brown Rice / Tex-Mex Beans Garden Mixed Vegetables	DIABETES Tilapia Fillet Sherry Cream Sauce WW Penne / Brussel Sprouts	DIABETES BBQ Chicken Thigh* Baked Beans* Spicy Cabbage & Onions8*	DIABETES Turkey Chili WW Macaroni Green Beans
RENAL Roasted Pork Loin Ginger & Orange Sauce White Rice / Carrots & Green Beans	RENAL Chicken Breast / Curry Sauce Orzo Peas & Carrots	RENAL Chicken Tortilla Casserole White Rice Broccoli Raw Florettes	RENAL Beef Fajita Stew White Rice Peas & Carrots	RENAL Baked Tilapia Fillet English Pea Sauce White Egg Noodle / Kale Saute	RENAL Chicken Stew w/Eggplant White Egg Noodle Green Beans	RENAL Turkey Picadillo White Rice Broccoli Raw Florettes
BLAND Roasted Pork Loin Apple Sauce White Rice / Carrots & Green Beans	BLAND Roasted Chicken Breast Mushroom Alfredo Sauce Orzo / Peas & Carrots	BLAND Chicken Tortilla Casserole Green Beans	BLAND Beef Stew White Rice Peas & Carrots	BLAND Baked Tilapia Fillet Zucchini & Mushroom Sauce White Rice	BLAND Chicken Stew w/Eggplant White Egg Noodle Green Beans	BLAND Turkey Picadillo White Rice Green Beans
VEGETARIAN Orange Tofu & Edamame Stir Fry Sesame Brown Rice Carrots & Green Beans	VEGETARIAN Lima Bean Tofu Vegetable Curry Biryani Brown Rice Stir Fry Vegetables	VEGETARIAN Veggie Loaf Mushroom Sage Gravy WW Penne / Carrots	VEGETARIAN Vegetarian Ranchero Stew w/ Tempeh Brown Rice Garden Mixed Vegetables	VEGETARIAN Stuffed Mushroom w/ Wildrice & Tofu Sherry Cream Sauce WW Penne / Brussel Sprouts	VEGETARIAN Tofu & Vegetable Egg Foo Young Pan Gravy Bland* Brown Rice / Brussel Sprouts	VEGETARIAN Barley Red Bean Burger BBQ Sauce Brown Rice / Green Beans