

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY														
 MAY 2020 WELLNESS MENU Fresh, Frozen, and Canned Enjoy fruits and vegetables in all their forms.  Variety is the key to getting the most fruit and vegetables in your diet! There is not a “best” form of fruits and vegetables. There are benefits and limits to each: Fresh can be cheaper when buying in season, and have great flavor. Fresh produce is a great source of nutrients like vitamin C. However, it must be used quickly before going bad. Frozen has a longer shelf life (up to 6 months) and require less preparation. Since they are frozen at peak freshness, nutrients are preserved. Watch out for added sodium, sugar, and/or fat! Canned has a longer shelf life (up to 2-4 year) and require less preparation. Since they are canned at peak freshness, nutrients are preserved. Watch out for added sodium, sugar, and/or fat! Content adapted from Cooking Matters <tr><td> 1-May REGULAR Spiced Chicken Thigh Chimichurri Sauce Sp. Brown Rice / Eggplant & Peppers DIABETIC Spiced Chicken Thigh Chimichurri Sauce Sp. Brown Rice / Eggplant & Peppers RENAL Chicken Breast Zucchini 'Shroom Sauce White Rice BLAND Chicken Breast Sweet Potato Sauce White Rice Eggplant Saute VEGETARIAN Lentil-Oat Burger SwPotato Chipotle Sc Spanish Brown Rice Green Beans </td><td> 2-May REGULAR Curry Beef Stew Bulgur Pilaf Capri Mix Veg DIABETIC Curry Beef Stew Bulgur Pilaf Capri Mixed Veg RENAL Curry Beef Stew Orzo Capri Mixed Veg BLAND Beef & Mushroom Stew Orzo Carrots&GreenBeans VEGETARIAN Split Pea & Veg Stew Bulgur Pilaf Capri Mixed Veg </td><td> 3-May REGULAR Chicken Breast Paprikash Sauce WW Egg Noodles / Brussel Sprouts DIABETIC Chicken Thigh Paprikash Sauce WW Egg Noodles / Brussel Sprouts RENAL Chicken Breast Parsley Sauce White Rice / Kale Saute BLAND Chicken Breast Cream of Celery Peas & Carrots Mashed SweetPotatoes VEGETARIAN Tempeh-Tofu Loaf Paprikash Sauce WW Egg Noodle Brussel Sprouts </td></tr><tr><td> 4-May REGULAR Roasted Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans DIABETIC Roasted Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans RENAL Roasted Pork Loin Ginger Orange Sauce White Rice Carrots & Green Beans BLAND Roasted Pork Loin Apple Sauce / White Rice Carrots & Green Beans VEGETARIAN Orange Tofu Stir Fry Sesame Brown Rice Carrots & Green Beans </td><td> 5-May REGULAR Chicken Breast / Curry Sauce DIABETIC Chicken Breast / Curry Sauce RENAL Chicken Breast Curry Sauce Orzo Stir Fry Veg BLAND Chicken Breast Mushroom Alfredo Orzo / Peas & Carrots VEGETARIAN Lima Bean&Tofu Curry Biryani Brown Rice Stir Fry Veg </td><td> 6-May REGULAR Rosemary Chicken Thigh DIABETIC RosemaryChickenThigh RENAL Chicken Tortilla Cas White Rice Broccoli BLAND Chicken Tortilla Casserole Green Beans VEGETARIAN Veggie Loaf Mushroom Sage Gravy WW Penne / Carrots </td><td> 7-May REGULAR Beef Fajita Stew DIABETIC Beef Fajita Stew RENAL Beef Fajita Stew White Rice Peas & Carrots BLAND Beef Stew White Rice Peas & Carrots VEGETARIAN Vegetarian Tempeh Ranchero Brown Rice Garden Mixed Veg </td><td> 8-May REGULAR Baked Tilapia Fillet DIABETIC Baked Tilapia Fillet RENAL Baked Tilapia English Pea Sauce White Egg Noodles Kale Saute BLAND Baked Tilapia Zucchini & 'Shroom Sauce White Rice VEGETARIAN Stuffed Mushroom Sherry Cream Sauce WW Penne / Brussel Sprouts </td><td> 9-May REGULAR BBQ Glazed Chicken Thigh DIABETIC BBQ Glazed Chicken Thigh RENAL Chicken EggplantStew White Egg Noodles Green Beans BLAND Chicken Eggplant Stew White Egg Noodles Green Beans VEGETARIAN Tofu Egg Foo Young Pan Gravy Brown Rice / Brussel Sprouts </td><td> 10-May REGULAR Turkey Chili DIABETIC Turkey Chili RENAL Turkey Picadillo White Rice Broccoli BLAND Turkey Picadillo White Rice Green Beans VEGETARIAN Barley & Bean Burger BBQ Glaze Brown Rice / Green Beans </td></tr><tr><td> 11-May REGULAR Chicken Thigh Cajun Brown Rice Creole Vegetables DIABETIC Chicken Thigh Cajun Brown Rice Creole Vegetables RENAL Chicken Breast Bell Pepper Relish White Egg Noodle / Broccoli </td><td> 12-May REGULAR Garlic Beef WW Egg Noodles Br.Sprouts & Carrots DIABETIC Garlic Beef WW Egg Noodles Capri Mix Veg RENAL Garlic Beef Orzo </td><td> 13-May REGULAR Chicken Lentil Stew Bulgur Pilaf Green Beans DIABETIC Chicken Lentil Stew Bulgur Pilaf Green Beans RENAL Beef&Tofu Fricassee White Egg Noodle </td><td> 14-May REGULAR Tilapia Fillet / Puttanesca Sauce Brown Rice Pilaf Br.Sprouts & Carrots DIABETIC Tilapia Fillet / Puttanesca Sauce Brown Rice Pilaf Broccoli RENAL Baked Tilapia Puttanesca Sauce White Macaroni / Kale Saute </td><td> 15-May REGULAR Turkey Meatloaf Zesty Tomato Sauce WW Penne / Garden Mixed Veg DIABETIC Turkey Meatloaf Zesty Tomato Sauce WW Penne / Cauliflower RENAL Turkey Patty Pan Gravy Orzo / Green Beans </td><td> 16-May REGULAR Chicken Thigh Quinoa Pilaf Cauliflower Tagine DIABETIC Chicken Thigh Cauli-Lentil Tagine RENAL Chicken Breast Celery Cauli Sauce White Rice / Kale Saute </td><td> 17-May REGULAR Irish Pork Stew Brown Rice Pilaf Br.Sprouts & Carrots DIABETIC Irish Pork Stew Brown Rice & Beans Carrots RENAL Irish Pork Stew Orzo </td></tr>				1-May REGULAR Spiced Chicken Thigh Chimichurri Sauce Sp. 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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11-May	12-May	13-May	14-May	15-May	16-May	17-May
BLAND Chicken Breast Sweet Potato Sauce White Egg Noodles Carrots & Green Beans	BLAND Vegetable Frittata Orzo Green Beans	BLAND Beef&Tofu Fricassee White Egg Noodles Carrots&GreenBeans	BLAND Baked Tilapia Creamy Basil Sauce White Macaroni Carrots	BLAND Turkey Patty Mushroom Gravy Orzo Green Beans	BLAND Chicken Breast Cream of Celery Mashed Potatoes Zucchini	BLAND Pork & Mushroom Stew Orzo Peas & Carrots
VEGETARIAN Blackeyed Peas & Kale	VEGETARIAN Sweet Potato Grits + Tempeh	VEGETARIAN Tofu Burger	VEGETARIAN Eggplant Parmesan / Puttanesca Sauce WW Egg Noodle Broccoli	VEGETARIAN Roasted Tofu w/ Portabello & Peppers	VEGETARIAN Vegetarian Moussaka	VEGETARIAN Tempeh Burrito Casserole
Cajun Brown Rice	Bell Pepper Relish Br.Sprouts & Carrots	Split Pea & Veg Stew Bulgur Pilaf		WW Penne Cauliflower Raw	Quinoa Pilaf Cauliflower	Br.Sprouts & Carrots
18-May	19-May	20-May	21-May	22-May	23-May	24-May
REGULAR Chicken Thigh Quinoa Pilaf Cabbage&Kale Saute	REGULAR Turkey Goulash WW Macaroni Brussel Sprouts	REGULAR Baked Tilapia Fillet Brown Rice White Bean Ragout	REGULAR Beef Bourguignon WW Egg Noodles Peas	REGULAR Chicken Thigh Rosemary-Onion Brown Rice	REGULAR Roasted Pork Loin Bulgur Pilaf Ratatouille	REGULAR Chicken Tinga Spanish Brown Rice Carrots
DIABETIC Chicken Thigh Quinoa Pilaf Cabbage & Kale	DIABETIC Turkey Goulash WW Macaroni Brussel Sprouts	DIABETIC Baked Tilapia Fillet White Bean Ragout Capri Mixed Veg	DIABETIC Beef Bourguignon WW Egg Noodles Broccoli	DIABETIC Chicken Thigh Rosemary-Onion Brown Rice / Garden Mixed Veg	DIABETIC Roasted Pork Loin Bulgur Pilaf Ratatouille	DIABETIC Chicken Tinga Spanish Brown Rice Carrots
RENAL Chicken Eggplant Stew Herb Polenta	RENAL Turkey Goulash White Rice	RENAL Tilapia / Creamy Basil Sauce White Egg Noodle Kale Saute	RENAL Beef & Veg Stew Orzo	RENAL Chicken Breast / Mushroom Alfredo White Egg Noodles Broccoli	RENAL Roasted Pork Loin Pan Gravy / White Egg Noodles Garden Mixed Veg	RENAL Chicken Tinga White Rice
BLAND Chicken Eggplant Stew Herb Polenta Green Beans	BLAND Turkey Stuffed 'Shrm Alfredo Sauce White Egg Noodles	BLAND Tilapia / Creamy Basil Sauce White Egg Noodles Peas & Carrots	BLAND Beef & Veg Stew Orzo	BLAND Chicken Breast Mushroom Alfredo Orzo / Green Beans	BLAND Roasted Pork Loin Mushroom Gravy Bland White Egg Noodles / Peas & Carrots	BLAND Mushroom & Zucchini Peas & Carrots
VEGETARIAN Tempeh & Polenta Casserole Cabbage & Kale Saute	VEGETARIAN Hearty Vegetable WW Macaroni Brussel Sprouts	VEGETARIAN Roasted Tofu White Bean Ragout Brown Rice / Capri Mixed Veg	VEGETARIAN Tomato Quiche Broccoli	VEGETARIAN Tempeh-Tofu Loaf Rosemary-Onion Bulgur Pilaf / Garden Mixed Veg	VEGETARIAN Tofu Burger Ratatouille WW Egg Noodle	VEGETARIAN Veg Tofu Jambalaya Spanish Brown Rice Carrots
25-May	26-May	27-May	28-May	29-May	30-May	31-May
REGULAR Spiced Chicken Thigh Salsa Verde Quinoa Pilaf	REGULAR Tilapia Mushroom-Dill Sauce WW Penne	REGULAR Beef Fricasee Brown Rice Brussel Sprouts	REGULAR Turkey Meatloaf Marsala Sauce WW Penne / Provenscale Veg	REGULAR BBQ Pork Stew Brown Rice Pilaf Capri Mix Veg	REGULAR RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf	REGULAR Chicken Cacciatore Spanish Brown Rice Green Beans
DIABETIC Spiced Chicken Thigh Salsa Verde Quinoa Pilaf	DIABETIC Tilapia Mushroom-Dill Sauce WW Penne	DIABETIC Beef Fricasee Brown Rice Garden Mixed Veg	DIABETIC Turkey Meatloaf Marsala Sauce WW Penne / Provenscale Veg	DIABETIC Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Mixed Veg	DIABETIC RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg	DIABETIC Chicken Cacciatore Spanish Brown Rice Green Beans
RENAL Chicken Breast Salsa Verde White Rice / Garden Mixed Veg	RENAL Tilapia / Mushroom-Dill Sauce White Macaroni Carrots & Green Beans	RENAL Beef&Tofu Fricassee White Egg Noodles Green Beans	RENAL Turkey Meatloaf Pan Gravy Orzo /Broccoli	RENAL Pork Stew w/Raisins White Rice	RENAL Rosemary Chicken Thigh Spinach Sauce	RENAL Chicken Casserole Green Beans
BLAND Chicken Breast Cream of Celery White Rice / Carrots	BLAND Baked Tilapia Carrot Sauce White Macaroni / Green Beans	BLAND Beef&Tofu Fricassee White Egg Noodles Green Beans	BLAND Turkey Meatloaf Mushroom Gravy Orzo / Zucchini	BLAND Pork Stew White Rice Peas & Carrots	BLAND Chicken Breast Sweet Potato Sauce Herb Polenta	BLAND Chicken Casserole Carrots
VEGETARIAN Tofu&Bean ChileVerde Quinoa Pilaf Garden Mixed Veg	VEGETARIAN Ratatouille w/Tempeh WW Penne Kale Saute	VEGETARIAN Spinach Frittata Brown Rice Brussel Sprouts	VEGETARIAN Stuffed Bell Pepper Salsa Verde Brown Rice / Provenscale Veg	VEGETARIAN Lentil Casserole Brown Rice Pilaf Capri Mix Veg	VEGETARIAN Tempeh Shepherd Pie Garden Mixed Veg	VEGETARIAN Enchilada Casserole Spanish Brown Rice Carrots