

Monday	Tuesday	Wednesday	Thursday	Friday
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# NOVEMBER 2018 WELLNESS MENU



**FOOD DEMO in the Grocery Center!**

- WEDNESDAY · NOV 7 · 11 AM · PINTO BEANS
- FRIDAY · NOV 9 · 11 AM · PRODUCE
- THURSDAY · NOV 15 · 11 AM · LIMA BEANS
- SATURDAY · NOV 17 · 11 AM · PRODUCE
- MONDAY · NOV 19 · 11 AM · GRITS
- WEDNESDAY · NOV 21 · 11 AM · PRODUCE
- TUESDAY · NOV 27 · 11 AM · PRODUCE
- FRIDAY · NOV 30 · 11 AM · PRODUCE

**Join us!**

**Diabetes Conversation Class**  
 Tuesday, 11.06.18  
 2 PM - 3:30 PM

## DIABETES AWARENESS MONTH

### Diabetes Superfoods

Although **Beans** do contain carbohydrates, they are a great source of protein, fiber, magnesium and potassium. 1/2 cup provides as much protein as one ounce of meat without the saturated fat!

**Berries and Sweet Potatoes** are a great way to satisfy your sweet tooth -- just sprinkle some cinnamon on top for a sweet treat. These are good sources of fiber, vitamin C and potassium.

**Dark Leafy Greens** are low in carbohydrates and contain Vitamins A, C, E and K. they are also a great source of iron, potassium, and calcium.

**Nuts** are a great way to manage hunger in addition to providing healthy fats, magnesium, and fiber. **Walnuts** are a good source of Omega 3.

**Whole Grains** are a great source of fiber, magnesium, B vitamins, iron, and folate. When selecting grains look for the word "whole" as the first ingredient on



### Good Snack Ideas

- 3/4 cup of plain popcorn
- 1 cup of salad greens + 1/2 cup diced cucumber with vinegar and oil
- 1/3 cup hummus + 1 cup raw fresh vegetables
- 1/2 peanut butter sandwich with whole grain bread
- 1/4 cup dried fruit and nut mix
- 1 cup mixed berries sprinkled with



Join us in celebrating diabetes awareness month by including these superfoods in your day!

5-Nov REGULAR Roasted Chicken Thigh Marinara Sauce Brown Rice Pilaf Carrots	6-Nov REGULAR Turkey Bolognese  Penne Green Beans	7-Nov REGULAR Herb Roasted Chicken Thigh Lemon Mustard Sauce Brown Rice Peas & Carrots	8-Nov REGULAR Baked Herb Tilapia Puttanesca Sauce Penne Glazed Carrots	9-Nov REGULAR Chicken & Eggplant Provencal  Brown Rice Pilaf Normandy Vegetables
DIABETIC Roasted Chicken Thigh Marinara Sauce Brown Rice Pilaf Carrots	DIABETIC Turkey Bolognese  Penne Green Beans	DIABETIC Herb Roasted Chicken Thigh Lemon Mustard Sauce Brown Rice Peas & Carrots	DIABETIC Baked Herb Tilapia Puttanesca Sauce Penne Carrots	DIABETIC Chicken & Eggplant Provencal  Brown Rice Pilaf Normandy Vegetables
RENAL Roasted Chicken Thigh  Egg Noodles Steamed Carrots	RENAL Turkey Stew  White Penne Green Beans	RENAL Herb Roasted Chicken Thigh Lemon Mustard Sauce White Rice Peas & Carrots	RENAL Baked Herb Tilapia Puttanesca Sauce Orzo Carrots	RENAL Chicken Stew  White Macaroni Green Beans
BLAND Roasted Chicken Thigh  Egg Noodles Steamed Carrots	BLAND Turkey Bolognese  White Penne Green Beans	BLAND Herb Roasted Chicken Thigh Alfredo Sauce White Rice Peas & Carrots	BLAND Baked Herb Tilapia Mushroom Sauce Orzo Glazed Carrots	BLAND Chicken Stew w/Eggplant  White Macaroni Green Beans
VEGETARIAN Ratatouille w/Roasted Tempeh  Brown Rice Steamed Carrots	VEGETARIAN Tofu Bolognese  Penne Green Beans	VEGETARIAN Wild Rice Stuffed Mushroom  Penne Peas & Carrots	VEGETARIAN Mushroom-Spinach-Tomato Quiche  Orzo Glazed Carrots	VEGETARIAN Eggplant & Tempeh Provencal  White Macaroni Normandy Vegetables
12-Nov REGULAR Roasted Chicken Thigh Paprikash Sauce Brown Rice Broccoli	13-Nov REGULAR Baked Tilapia Sweet & Sour Sauce Bulgur Normandy Vegetables	14-Nov REGULAR Roasted Pork Loin Marsala Sauce Brown Rice Carrots	15-Nov REGULAR Alma's Chicken Tinga Stew  Brown Rice Green Beans	16-Nov REGULAR Turkey Meatloaf Mushroom Sage Gravy Penne Peas & Carrots
DIABETIC Roasted Chicken Thigh Paprikash Sauce Brown Rice Broccoli	DIABETIC Baked Tilapia Sweet & Sour Sauce Bulgur Normandy Vegetables	DIABETIC Roasted Pork Loin Marsala Sauce Brown Rice Brussel Sprouts & Carrots	DIABETIC Alma's Chicken Tinga Stew  Brown Rice Green Beans	DIABETIC Turkey Meatloaf Mushroom Sage Gravy Penne Peas & Carrots

Monday	Tuesday	Wednesday	Thursday	Friday
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
RENAL	RENAL	RENAL	RENAL	RENAL
Roasted Chicken Thigh Paprikash Sauce White Macaroni Broccoli	Baked Tilapia Parsley Sauce White Rice Normandy Vegetables	Roasted Pork Loin Marsala Sauce White Rice Carrots	Chicken Stew  White Rice Green Beans	Turkey Meatloaf Mushroom Gravy Egg Noodles Peas & Carrots
BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Chicken Thigh Alfredo Sauce White Macaroni Broccoli	Baked Tilapia Parsley Sauce White Rice Normandy Vegetables	Roasted Pork Loin Marsala Sauce White Rice Carrots	Chicken Stew  White Rice Green Beans	Turkey Meatloaf Mushroom Gravy Egg Noodles Peas & Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Vegetable Frittata  Brown Rice Broccoli	Tofu Burgers Parsley Sauce Bulgur Normandy Vegetables	Stuffed Mushroom Marsala Sauce Brown Rice Brussel Sprouts & Carrots	Enchillada Casserole  Brown Rice Green Beans	Tempeh-Tofu Vegetarian Loaf Mushroom Sage Gravy Penne Peas & Carrots
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Roasted Chicken Thigh French Country Sauce Brown Rice Peas & Carrots	Roasted Beef Patty Onion Gravy Macaroni Carrots	Roasted Tilapia Puttanesca Sauce Penne Broccoli	Chicken & Red Bean Stew  Spanish Brown Rice Normandy Vegetables	Roasted Pork Loin Salsa Verde Brown Rice Carrots
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Roasted Chicken Thigh French Country Sauce Brown Rice Peas & Carrots	Roasted Beef Patty Onion Gravy Macaroni Carrots	Roasted Tilapia Puttanesca Sauce Penne Zucchini	Chicken & Red Bean Stew  Spanish Brown Rice Normandy Vegetables	Roasted Pork Loin Salsa Verde Brown Rice Carrots
RENAL	RENAL	RENAL	RENAL	RENAL
Roasted Chicken Thigh Parsley Sauce White Rice Peas & Carrots	Roasted Beef Patty Onion Gravy Egg Noodles Green Beans	Roasted Tilapia Puttanesca Sauce White Penne Zucchini	Chicken Stew  White Rice Normandy Vegetables	Roasted Pork Loin Salsa Verde White Rice Carrots
BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Chicken Thigh Parsley Sauce White Rice Peas & Carrots	Roasted Beef Patty Mushroom Gravy Egg Noodles Green Beans	Roasted Tilapia Cauliflower Sauce White Penne Zucchini	Chicken Stew  White Rice Normandy Vegetables	Roasted Pork Loin Mushroom Gravy White Rice Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Shephard's Pie  French Country Sauce Peas & Carrots	Tofu Burgers Onion Gravy Macaroni Carrots	Stuffed Bell Peppers Puttanesca Sauce Penne Broccoli	Cajun Red Beans & Tofu  Spanish Rice Normandy Vegetables	Roastd Tofu Loaf Salsa Verde Brown Rice Carrots
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Roasted Chicken Thigh Cacciatore Sauce Penne Normandy Vegetables	Beef & Lentil Stew  Brown Rice Green Beans	BBO Glazed ChickenThigh  Bulgar Cauliflower	Baked Tilapia Caponata Sauce Penne Glazed Carrots	Turkey Meatloaf Marsala Sauce Brown Rice Normandy Vegetables
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Roasted Chicken Thigh Cacciatore Sauce Penne Normandy Vegetables	Beef & Lentil Stew  Brown Rice Green Beans	BBO Glazed ChickenThigh  Bulgar Cauliflower	Baked Tilapia Caponata Sauce Penne Carrots	Turkey Meatloaf Marsala Sauce Brown Rice Normandy Vegetables
RENAL	RENAL	RENAL	RENAL	RENAL
Roasted Chicken Thigh Carrot Sauce White Penne Normandy Vegetables	Beef Stew w/Lentils  White Rice Green Beans	BBO Glazed ChickenThigh  Bulgar Peas	Baked Tilapia Basil Sauce White Penne Green Beans	Turkey Meatloaf Marsala Sauce White Macaroni Normandy Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Chicken Thigh Cacciatore Sauce White Penne Normandy Vegetables	Beef Stew w/Lentils  White Rice Green Beans	BBO Glazed ChickenThigh  Bulgar Peas	Baked Tilapia Basil Sauce White Penne Green Beans	Turkey Meatloaf Mushroom Gravy White Macaroni Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Tempeh Cacciatore Sauce Penne Normandy Vegetables	Sweet Potato & Lentil Stew  Brown Rice Green Beans	BBO Glazed Roasted Tofu  Bulgar Cauliflower	Stir Fry Vegetables w/Tempeh Caponata Sauce Penne Green Beans	Roasted Vegetable Frittata  Macaroni Carrots