

NOVEMBER 2019 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Diabetes Awareness Month				1-Nov	2-Nov	3-Nov
<p>Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes - that's more than 30 million people. Another 84 million adults are at high risk of developing type 2 diabetes.</p> <p>To raise awareness about diabetes, Project Open Hand is proudly participating in American Diabetes Awareness Month.</p> <p><i>Type 1 diabetes</i> means that your body does not make enough insulin, from a genetic or autoimmune cause. Type 1 diabetes is less common (about 5% to 10% of cases).</p> <p><i>Type 2 diabetes</i> is 90% to 95% of cases. This is when insulin does not work normally, and blood glucose levels are often higher or lower than the normal range. This can increase your risk of heart attack or stroke and could lead to kidney failure and/or blindness, if not well managed.</p> <p>Making small changes in your daily routine can have a large impact on your diagnosis of diabetes, or help to prevent the development of the disease if you are at risk:</p> <ul style="list-style-type: none"> • Know your carbs. Carbohydrates raise blood glucose levels. Eating the same amount of carbohydrates at the same time each day can help blood glucose stay stable. Talk to a dietitian to identify carbohydrate foods and know your ideal target per meal. • Balance your plate. Each meal should contain protein & high fiber foods. Eating a balanced plate will slow the absorption of glucose into your bloodstream. • Reduce & limit drinking sugary beverages. Sodas, sweetened coffee, or any sugar sweetened beverage can spike your blood glucose levels. This is also true for 100% fruit juice. Choose water or unsweetened beverages most of the time, and when you have a sweet beverage, keep the serving size small. • Be active. Be active for 30 minutes at least 5 days a week. Try aerobic activity and strength building exercises. Start small and increase to your own tolerance when becoming more active. • Reduce stress. Stress increases blood glucose. Find ways to help yourself reduce stress, like deep breathing, quiet walks in the park, and taking calm time for yourself. 				<p>REGULAR BBQ Pork Stew Brown Rice Pilaf Capri Mix Veg</p> <p>DIABETIC Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Mixed Veg</p> <p>RENAL Pork Stew w/Raisins White Rice</p> <p>BLAND Pork Stew White Rice Peas & Carrots</p> <p>VEGETARIAN Lentil Casserole Brown Rice Pilaf Capri Mix Veg</p>	<p>REGULAR Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg</p> <p>DIABETIC Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg</p> <p>RENAL Rosemary Chicken Thigh Spinach Sauce / Herb Polenta Garden Mixed Veg</p> <p>BLAND Chicken Breast Sweet Potato Sauce Herb Polenta / Carrots & G.Beans</p> <p>VEGETARIAN Tempeh Shepherd Pie Garden Mixed Veg</p>	<p>REGULAR Chicken Cacciatore Spanish Brown Rice Green Beans</p> <p>DIABETIC Chicken Cacciatore Spanish Brown Rice Green Beans</p> <p>RENAL Chicken Casserole Green Beans</p> <p>BLAND Chicken Casserole Carrots</p> <p>VEGETARIAN Enchilada Casserole Spanish Brown Rice Carrots</p>
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
<p>REGULAR Tandoori Chicken Thigh Brown Rice Eggplant & Peppers</p> <p>DIABETIC Tandoori Chicken Thigh Brown Rice Eggplant & Peppers</p> <p>RENAL Tandoori Chicken Breast White Rice Eggplant & Peppers</p> <p>BLAND Chicken Breast English Pea Sauce White Rice / Carrots</p> <p>VEGETARIAN Veg & Bean Curry Brown Rice Eggplant & Peppers</p>	<p>REGULAR Beef Stroganoff WW Egg Noodle Peas & Carrots</p> <p>DIABETIC Beef Stroganoff WW Egg Noodle Eggplant & Zucchini</p> <p>RENAL Beef Stew White Egg Noodles Garden Mixed Veg</p> <p>BLAND Beef Stew White Egg Noodles Peas & Carrots</p> <p>VEGETARIAN Tofu Mushrm Stroganoff WW Egg Noodles Peas & Carrots</p>	<p>REGULAR Tilapia Wine Cream Sauce WW Penne</p> <p>DIABETIC Tilapia Wine Cream Sauce WW Penne</p> <p>RENAL Baked Tilapia Wine Cream Sauce W. Egg Noodle / Kale Saute</p> <p>BLAND Baked Tilapia Creamy Basil Sauce W. Egg Noodles / Eggplant Saute</p> <p>VEGETARIAN Tofu Burger Wine Cream Sauce WW Penne / Carrots</p>	<p>REGULAR Roasted ChickenThigh Chimichurri Sauce Quinoa Pilaf</p> <p>DIABETIC Chicken Thigh Chimichurri Sauce Quinoa Pilaf</p> <p>RENAL Chicken Breast Chimichurri Sauce White Rice / Carrots</p> <p>BLAND Chicken Breast Bechamel Sauce W. Macaroni / Peas & Carrots</p> <p>VEGETARIAN Bean Spinach Casserole Garden Mixed Veg</p>	<p>REGULAR Turkey Bolognese WW Penne Mediteranean Veg</p> <p>DIABETIC Turkey Bolognese WW Penne Mediteranean Veg</p> <p>RENAL Turkey Bolognese White Macaroni Green Beans</p> <p>BLAND Turkey Eggplant Torta Pan Gravy White Rice</p> <p>VEGETARIAN Quinoa Tempeh Hash Chimichurri Sauce Carrots</p>	<p>REGULAR Roasted Pork Loin Spanish Brown Rice Red Mole Sauce</p> <p>DIABETIC Roasted Pork Loin Red Mole Sauce Southwest Beans</p> <p>RENAL Roasted Pork Loin Red Mole Sauce White Rice / Garden Mixed Veg</p> <p>BLAND Roasted Pork Loin Mushroom Gravy White Rice / Green Beans</p> <p>VEGETARIAN Quinoa & Bean Patty Red Mole Sauce Spanish Brown Rice / Green Beans</p>	<p>REGULAR ChickenMushroom Stew WW Egg Noodle Carrots</p> <p>DIABETIC ChickenMushroom Stew WW Egg Noodle Carrots</p> <p>RENAL Chicken Stew Orzo Broccoli</p> <p>BLAND Chicken Stew Orzo Zucchini</p> <p>VEGETARIAN Vegetable Frittata WW Egg Noodle Peas & Carrots</p>
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
<p>REGULAR Tilapia Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions</p> <p>DIABETIC Tilapia Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions</p> <p>RENAL Baked Tilapia Mustard Cream Sauce Orzo / Cabbage & Onions</p>	<p>REGULAR Chicken Tikka Masala Spiced Quinoa Brussel Sprouts</p> <p>DIABETIC Chicken Tikka Masala Spiced Quinoa Brussel Sprouts</p> <p>RENAL Chicken Breast Carrot Sauce White Rice / Green Beans</p>	<p>REGULAR Sweet & Sour Pork Veg Fried Rice Stir Fry Veg</p> <p>DIABETIC Sweet & Sour Pork Vegetable Fried Rice Stir Fry Veg</p> <p>RENAL Sweet & Sour Pork White Rice Peas & Carrots</p>	<p>REGULAR Turkey Meatloaf Roasted Garlic Sauce WW Penne / Broccoli</p> <p>DIABETIC Turkey Meatloaf Garlic Sauce WW Penne / Broccoli</p> <p>RENAL Turkey Meatloaf Pan Gravy W. Macaroni / Broccoli</p>	<p>REGULAR Spiced Chicken Thigh Chimichurri Sauce Spanish Brown Rice / Eggplant & Peppers</p> <p>DIABETIC Spiced Chicken Thigh Chimichurri Sauce Spanish Brown Rice / Eggplant & Peppers</p> <p>RENAL Chicken Breast Zucchini 'Shroom Sauce White Rice</p>	<p>REGULAR Curry Beef Stew Bulgur Pilaf Capri Mix Veg</p> <p>DIABETIC Curry Beef Stew Bulgur Pilaf Capri Mixed Veg</p> <p>RENAL Curry Beef Stew Orzo Capri Mixed Veg</p>	<p>REGULAR Chicken Breast Paprikash Sauce WW Egg Noodle / Brussel Sprouts</p> <p>DIABETIC Chicken Thigh Paprikash Sauce WW Egg Noodle / Brussel Sprouts</p> <p>RENAL Chicken Breast Parsley Sauce White Rice / Kale Saute</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
BLAND Baked Tilapia Carrot Sauce White Macaroni / Green Beans	BLAND Chicken Breast English Pea Sauce White Rice / Carrots	BLAND Pork Stew White Rice Peas & Carrots	BLAND Turkey Meatloaf Pan Gravy W. Egg Noodles / Carrots & G. Beans	BLAND Chicken Breast Sweet Potato Sauce White Rice / Eggplant Saute	BLAND Beef & Mushroom Stew Orzo Carrots & Green Beans	BLAND Chicken Breast / Cream of Celery Mashed SweetPotatoes Peas & Carrots
VEGETARIAN Veggie Loaf Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	VEGETARIAN Veg & Bean Curry Spiced Quinoa Brussel Sprouts	VEGETARIAN Kung Pao Tofu Veg Fried Rice Stir Fry Vegetables	VEGETARIAN Stuffed Mushroom Garlic Sauce WW Penne / Carrots & G. Beans	VEGETARIAN Lentil-Oat Burger Sweet Potato Chipotle Sauce Spanish Brown Rice / Green Beans	VEGETARIAN Split Pea & Veg Stew Bulgur Pilaf Capri Mixed Veg	VEGETARIAN Tempeh-Tofu Loaf Paprikash Sauce WW Egg Noodle / Brussel Sprouts
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
REGULAR Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans	REGULAR Chicken Breast / Curry Sauce Biryani Brown Rice Stir Fry Veg	REGULAR Rosemary Chicken Thigh Mushroom Sage WW Penne / Carrots	REGULAR Beef Fajita Stew Brown Rice Tex-Mex Beans	REGULAR Tilapia Sherry Cream Sauce WW Penne / Brussel Sprouts	REGULAR BBQ ChickenThigh Brown Rice & Beans Cabbage & Onions	REGULAR Turkey Chili WW Macaroni Green Beans
DIABETIC Pork Loin / Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans	DIABETIC Chicken Breast / Curry Sauce Biryani Brown Rice Stir Fry Veg	DIABETIC Rosemary Chicken Thigh Mushroom Sage Gravy WW Penne / Carrots	DIABETIC Beef Fajita Stew Brown Rice Tex-Mex Beans / Garden Mixed Veg	DIABETIC Baked Tilapia Filet Sherry Cream Sauce WW Penne / Brussel Sprouts	DIABETIC BBQ Glazed Chicken Thigh Baked Beans / Cabbage & Onions	DIABETIC Turkey Chili WW Macaroni Green Beans
RENAL Pork Loin / Ginger Orange Sauce White Rice Carrots & Green Beans	RENAL Chicken Breast Curry Sauce Orzo / Stir Fry Veg	RENAL Chicken Tortilla Cas White Rice Broccoli	RENAL Beef Fajita Stew White Rice Peas & Carrots	RENAL Baked Tilapia English Pea Sauce White Egg Noodles / Kale Saute	RENAL Chicken EggplantStew White Egg Noodles Green Beans	RENAL Turkey Picadillo White Rice Broccoli
BLAND Roasted Pork Loin / Apple Sauce White Rice Carrots&GreenBeans	BLAND Chicken Breast Mushroom Alfredo Orzo / Peas & Carrots	BLAND Chicken Tortilla Casserole Green Beans	BLAND Beef Stew White Rice Peas & Carrots	BLAND Baked Tilapia Zucchini 'Shroom Sauce White Rice	BLAND Chicken Eggplant Stew White Egg Noodles Green Beans	BLAND Turkey Picadillo White Rice Green Beans
VEGETARIAN Orange Tofu Stir Fry Sesame Brown Rice Carrots&GreenBeans	VEGETARIAN Lima Bean&Tofu Curry Biryani Brown Rice Stir Fry Veg	VEGETARIAN Veggie Loaf Mushroom Sage Gravy WW Penne / Carrots	VEGETARIAN Roasted Tempeh Vegetarian Ranchero Brown Rice / Garden Mixed Veg	VEGETARIAN Stuffed Mushroom Sherry Cream Sauce WW Penne / Brussel Sprouts	VEGETARIAN Tofu Egg Foo Young Pan Gravy Brown Rice / Brussel Sprouts	VEGETARIAN Barley & Bean Burger BBQ Glazed Brown Rice / Green Beans
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	FOOD DEMO in the Grocery Center!
REGULAR Roasted ChickenThigh Cajun Brown Rice Creole Vegetables	REGULAR Garlic Beef WW Egg Noodle Capri Mix Veg	REGULAR Chicken Lentil Stew Bulgur Pilaf Green Beans	REGULAR Tilapia Puttanesca Sauce Brown Rice Pilaf / Carrots	REGULAR Turkey Meatloaf Zesty Tomato Sauce WW Penne / Garden Mixed Veg	REGULAR Roasted Chicken Thigh Cauliflower Tagine Quinoa Pilaf	THURSDAY · NOV 7 · 11 AM · GARBANZO BEANS
DIABETIC Chicken Thigh Cajun Brown Rice Creole Vegetables	DIABETIC Garlic Beef WW Egg Noodle Capri Mix Veg	DIABETIC Chicken Lentil Stew Bulgur Pilaf Green Beans	DIABETIC Baked Tilapia Filet Puttanesca Sauce Brown Rice Pilaf / Broccoli	DIABETIC Turkey Meatloaf Zesty Tomato Sauce WW Penne / Cauliflower	DIABETIC Roasted Chicken Thigh Cauliflower Tagine Quinoa Pilaf	SATURDAY · NOV 9 · 11 AM · PRODUCE
RENAL Chicken Breast Bell Pepper Relish White Egg Noodle / Broccoli	RENAL Garlic Beef Orzo	RENAL Beef Fricassee w/Tofu White Egg Noodle	RENAL Baked Tilapia Puttanesca Sauce White Macaroni / Kale Saute	RENAL Turkey Patty Pan Gravy Orzo / Green Beans	RENAL Chicken Breast / Cauli-Celery Sauce White Rice Sauteed Kale	TUESDAY · NOV 12 · 130 PM · PRODUCE
BLAND Chicken Breast Sweet Potato Sauce W. Egg Noodles / Carrots & Green Beans	BLAND Vegetable Frittata Orzo Green Beans	BLAND Beef Fricassee w/Tofu White Egg Noodles Carrots & Green Beans	BLAND Baked Tilapia Creamy Basil Sauce White Macaroni	BLAND Turkey Patty Mushroom Gravy Orzo	BLAND Chicken Breast / Cream of Celery Sauce Mashed Potato Zucchini	THURSDAY · NOV 14 · 2PM - 3PM · NUTRITION CLASS
VEGETARIAN Blackeyed Peas & Kale Cajun Brown Rice	VEGETARIAN Tempeh & Sweet Potato Grits Bell Pepper Relish Br.Sprouts & Carrots	VEGETARIAN Tofu Burger Split Pea & Veg Stew Bulgur Pilaf	VEGETARIAN Eggplant Parmesan Puttanesca Sauce WW Egg Noodle / Broccoli	VEGETARIAN Roasted Tofu Portabello & Peppers WW Penne / Cauliflower	VEGETARIAN Vegetarian Moussaka Quinoa Pilaf Cauliflower	SATURDAY · NOV 16 · 11 AM · LENTILS
						WEDNESDAY · NOV 20 · 11 AM · RED BEANS
						FRIDAY · NOV 22 · 130 PM · SMOOTHIES
						MONDAY · NOV 25 · 11 AM · PRODUCE
						WEDNESDAY · NOV 27 · 11 AM · BLACK BEANS