



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY												
<b>30-Nov</b> <b>REGULAR</b> Herb Chicken Thigh Cilantro Chile Rice Green Beans <b>DIABETIC</b> Herbed Chicken Thigh Cilantro Chile Rice Carrots <b>RENAL</b> Chicken Breast / Chimichurri Sauce Herbed White Rice Brussel Sprouts <b>BLAND</b> Yogurt Herb Chicken Zucchini 'Shroom Sauce Herbed White Rice / Carrots <b>VEGETARIAN</b> Tofu Jambalaya Cilantro Chile Rice Broccoli	 <h2 style="text-align: center;">NOVEMBER 2020 WELLNESS MENU</h2> <h3 style="text-align: center;">Mixed Macronutrient Snacks</h3> <p><b>What Are Macronutrients?</b></p> <ul style="list-style-type: none"> <li>•There are 3 macronutrients: protein, carbohydrates, and fats. They are found in all of the foods we eat and provide our bodies with energy.</li> <li>•All foods are not created equal. Some have higher protein while others are higher in carbohydrates or fat.</li> <li>•Eating carbohydrates will cause your blood sugar to rise. The amount of carbohydrates eaten will determine how high and fast your blood sugar rises.</li> </ul> <p><b>What are Mixed Macronutrient snacks?</b></p> <ul style="list-style-type: none"> <li>•Mixed macronutrient snacks are combinations of foods to provide a good balance between 2 or 3 macronutrients. For example, having a balanced snack of protein and carbohydrates, fat and carbohydrates, or all 3.</li> <li>•Having mixed macronutrient snacks can help you control your blood sugar. Fat and protein slow down the digestion of food which will also slow down how fast you absorb the glucose from the food.</li> </ul> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Instead of This on its own</th> <th>Try This Instead!</th> </tr> </thead> <tbody> <tr> <td>Raisins, Dried Cranberries, Dried Fruit</td> <td>Add unsalted nuts and seeds</td> </tr> <tr> <td>Pretzels, crackers</td> <td>Add cheese slices or cubes</td> </tr> <tr> <td>Apple slices, banana</td> <td>Add peanut or almond butter</td> </tr> <tr> <td>Carrot and celery sticks</td> <td>Add low-fat ranch or hummus</td> </tr> <tr> <td>Toast or bread</td> <td>Add peanut or almond, low-fat cream cheese, or avocado</td> </tr> <tr> <td>French fries</td> <td>Baked potato (or sweet potato) with low-fat cheese, sour cream, or boiled eggs</td> </tr> <tr> <td>Granola</td> <td>Mix with low-fat or Greek yogurt</td> </tr> </tbody> </table> <p style="text-align: center;">Visit <a href="http://eatfresh.org">eatfresh.org</a> for additional recipes!</p> 	Instead of This on its own	Try This Instead!	Raisins, Dried Cranberries, Dried Fruit	Add unsalted nuts and seeds	Pretzels, crackers	Add cheese slices or cubes	Apple slices, banana	Add peanut or almond butter	Carrot and celery sticks	Add low-fat ranch or hummus	Toast or bread	Add peanut or almond, low-fat cream cheese, or avocado	French fries	Baked potato (or sweet potato) with low-fat cheese, sour cream, or boiled eggs	Granola	Mix with low-fat or Greek yogurt	<b>1-Nov</b> <b>REGULAR</b> Roasted ChickenThigh Bulgur Pilaf Ratatouille <b>DIABETIC</b> Roasted ChickenThigh Bulgur Pilaf Ratatouille <b>RENAL</b> Balsamic Chicken Breast Parsley Sauce Herbed Polenta / Broccoli <b>BLAND</b> Tempeh Tuna Cake English Pea Sauce White Rice / Corn <b>VEGETARIAN</b> Roasted SW Tempeh Herbed Polenta Ratatouille
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<b>2-Nov</b> <b>REGULAR</b> Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots <b>DIABETIC</b> Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots <b>RENAL</b> Roasted Pork Loin Mushroom Dill Sauce White Rice / Cauliflower <b>BLAND</b> Roasted Pork Loin / Mushroom Gravy White Egg Noodles Peas & Carrots <b>VEGETARIAN</b> Roasted Tofu Zesty Herb Puree Bulgur Pilaf / Cauliflower Tagine	<b>3-Nov</b> <b>REGULAR</b> Tilapia Sweet & Sour Sauce Brown Rice Pilaf / Stir Fry Veg <b>DIABETIC</b> Tilapia / Sweet & Sour Sauce Brown Rice Pilaf Broccoli-Cauliflower / Garlic Confit <b>RENAL</b> Baked Tilapia Sweet & Sour Sauce Herbed White Rice / Stir Fry Veg <b>BLAND</b> Baked Tilapia/ Cream of Celery White Rice w/Herbs Carrots <b>VEGETARIAN</b> Tofu Egg Foo Young Brown Rice Pilaf Stir Fry Veg	<b>4-Nov</b> <b>REGULAR</b> Chicken Tetrizzini Lemon Mustard Sauce WW Rotini / Brussel Sprouts <b>DIABETIC</b> Chicken Tetrizzini Lemon Mustard Sauce WW Rotini / Brussel Sprouts <b>RENAL</b> Pineapple Glazed Chicken Lemon Mustard Sauce White Egg Noodles / Brussel Sprouts <b>BLAND</b> Chicken Breast / Mushroom Alfredo Sauce White Egg Noodles Green Beans <b>VEGETARIAN</b> Balsamic Portabello Zesty Herb Puree WW Macaroni /Cannellini Bean Cacciatore	<b>5-Nov</b> <b>REGULAR</b> Spicy Beef Stew Sesame Brown Rice Garden Mixed Veg <b>DIABETIC</b> Spicy Beef Stew Sesame Brown Rice Carrots / Broccoli <b>RENAL</b> Spicy Beef Stew Orzo Green Beans <b>BLAND</b> Beef Tofu Fricassee Orzo Mixed Veg Saute <b>VEGETARIAN</b> Mu Shu Tofu & Veg Sesame Brown Rice Roasted Garden Veg	<b>6-Nov</b> <b>REGULAR</b> Turkey Meatloaf Turkey Gravy WW Rotini / Braised Cabbage <b>DIABETIC</b> Turkey Meatloaf Turkey Gravy / WW Rotini Braised Cabbage & Carrots <b>RENAL</b> Turkey Meatloaf Turkey Gravy White Egg Noodle / Peas & Carrots <b>BLAND</b> Turkey Patty / Pan Gravy White Egg Noodles Green Beans <b>VEGETARIAN</b> Tempeh Cauli Garbanzo Patty Eggplant Mushroom Saice WW Egg Noodle/ Braised Cabbage	<b>7-Nov</b> <b>REGULAR</b> Chicken Breast Chimichurri Sauce Brown Rice Pilaf / Cauliflower <b>DIABETIC</b> Chicken Breast / Chimichurri Sauce Brown Rice Pilaf Peas & Carrots <b>RENAL</b> Chicken Breast Chimichurri Sauce Orzo / Cauliflower <b>BLAND</b> Chicken Breast Herb Sauce Orzo / Zucchini <b>VEGETARIAN</b> Three BeanTofu Chili / Chimichurri Sauce Brown Rice Pilaf Cauliflower	<b>8-Nov</b> <b>REGULAR</b> Roasted ChickenThigh Red Pepper Sauce Brown Rice / Cauliflower Tagine <b>DIABETIC</b> Roasted Chicken Thigh Red Pepper Sauce Brown Rice / Cauliflower Tagine <b>RENAL</b> Turkey Tortilla Cass Red Pepper Sauce Broccoli <b>BLAND</b> Roast Chicken Thigh White Egg Noodles Eggplant Zucchini Saute <b>VEGETARIAN</b> Spinach Frittata Red Pepper Sauce Brown Rice / Broccoli												
<b>9-Nov</b> <b>REGULAR</b> Tilapia / Salsa Verde Wheat Berry Pilaf Garden Mixed Veg <b>DIABETIC</b> Tilapia / Salsa Verde Wheat Berry Pilaf Garden Mixed Veg	<b>10-Nov</b> <b>REGULAR</b> Roasted Chicken Thigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg <b>DIABETIC</b> Roasted Chicken Thigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg	<b>11-Nov</b> <b>REGULAR</b> Turkey Chili Brown Rice Garden Mixed Veg / Herb Sauce <b>DIABETIC</b> Turkey Chili Herb Sauce Brown Rice / Green Beans	<b>12-Nov</b> <b>REGULAR</b> Beef Bourguignon WW Rotini Capri Mix Veg <b>DIABETIC</b> Beef Bourguignon WW Rotini Capri Mixed Veg	<b>13-Nov</b> <b>REGULAR</b> Pork Mole Brown Rice Garden Mixed Veg / Chimichurri Sauce <b>DIABETIC</b> Pork Mole Brown Rice Garden Mixed Veg / Chimichurri Sauce	<b>14-Nov</b> <b>REGULAR</b> Chicken Tikka Masala Brown Rice & Veggies Carrots <b>DIABETIC</b> Chicken Tikka Masala BrownRice & Veggies Broccoli	<b>15-Nov</b> <b>REGULAR</b> Roasted Turkey Breast Turkish Split Pea Veg Stew Eggplant & Zucchini/ Zesty Herb Puree <b>DIABETIC</b> Roasted TurkeyBreast TurkishPea VegStew Eggplant, Zucchini / Zesty Herb Puree												

9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Tilapia / Salsa Verde	Chicken Mushroom Noodle Casserole	Turkey Picadillo	Tempeh Tuna Cake	Pork Mole	Chicken Tikka	Roasted Turkey Breast
Orzo	Garlic Confit	Orzo	Eggplant Mushrom Sauce	Herbed White Rice	White Rice	Chimichurri Sauce
Garden Mixed Veg	Capri Mix Veg	Garden Mixed Veg	White Egg Noodle / Broccoli	Garden Mixed Veg / Garlic Confit	Green Beans / Herb Sauce	White Egg Noodle / Green Beans
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Beef Herb Stew	Chix Shrm NoodleCass	Turkey Picadillo	Tempeh Tuna Cake	Pork & Root Veg Stew	Chicken Veg Fricasee	Roasted Turkey Breast / Mushroom Gravy
Orzo	Carrots	Cream of Celery	EggplantShroomSauce	White Rice w/Herbs	White Egg Noodles	Mashed Parsnip Potato
Green Beans		Orzo / Green Beans	White Egg Noodles / Capri Mixed Veg	Peas & Carrots / Herb Sauce	Green Beans / Herb Sauce	Green Beans / Herb Sauce
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Roasted SW Tempeh	Spiced Tempeh Cake	Roasted Tofu	Zucchini Tofu Pasta	Tofu Sweet Potato Hash	Red Bean Parsnip Masala	Roasted SW Tempeh
Garbanzo & Veg Stew	Bell Pepper Relish	Garden Veg Bean Chili	Bell Pepper Relish	Chimichurri Sauce	Brown Rice & Veggies	Turkish Split Pea Veg Stew
Wheat Berry Pilaf / Garden Mixed Veg	Quinoa Pilaf / Capri Mixed Veg	Brown Rice	Capri Mixed Veg	Brown Rice	Carrots	Brown Rice / Garlic Confit
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Beef w/ Eggplant	Tilapia	Roasted ChickenThigh	Braised Pork Loin	Turkey Meatloaf w/ Tomato Glaze	Chicken Breast	Roasted Chicken Thigh
Brown Rice	Wheat Berry Pilaf	Ginger & Orange Sauce	Tumeric Brown Rice	Zesty Tomato Sauce	Creamy Pesto Sauce	Red Pepper Sauce
Garden Mixed Veg	Peppers & Onions	Sesame Garlic B. Rice / Brussel Sprouts	Garden Mixed Veg / Herb Sauce	WW Rotini / Cabbage & Onions	WW Rotini / Garden Mixed Veg	Brown Rice / Garden Mixed Veg
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Beef w/Eggplant	Tilapia	Roasted Chicken Thigh	Braised Pork Loin	Turkey Meatloaf w/ Tomato Glaze	Chicken Breast	Chicken Chilaquiles
Brown Rice / Garlic Confit	Wheat Berry Pilaf	Ginger & Orange Sauce	Sweet Potato Sauce	Zesty Tomato Sauce	Creamy Pesto Sauce	Herb Sauce
Carrots & Green Beans	Peppers & Onions	Sesame Garlic B.Rice / Carrots	Tumeric Brown Rice / Mediterreanean Veg	WW Rotini / Cabbage & Onions	WW Rotini / Carrots	Garden Mixed Veg
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Rosemary Beef Stew	Baked Tilapia	Chicken Breast	Braised Pork Loin	Turkey Meatloaf w/ Tomato Glaze	Chicken Breast	Sweet Spicy Chicken &Veg
Herbed White Rice	Peppers & Onions	Ginger & Orange Sauce	Orzo	Orzo	Creamy Pesto Sauce	Orzo
Garden Mixed Veg / Garlic Confit	White Egg Noodles / Garlic Confit	White Rice / Brussel Sprouts	Broccoli	Spicy Cabbage & Onion	White Rice / Garden Mixed Veg	Garden Mixed Veg
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Tempeh Tuna Cake	Beef Stew	Chicken Breast	Roasted Pork Loin	White Turkey Lasagna	Chicken Breast	ChixTortillaSwPCass
Roasted Carrot Sauce	Herb Sauce	Creamy Pea &Cheese Sauce	Apple Raisin Celery Sauce	Green Beans	Parsnip Carrot Sauce	Green Beans
Herbed White Rice / Green Beans	White Egg Noodles / Zucchini	Orzo / Carrots & Green Beans	Orzo / Peas & Carrots		White Rice / Zucchini	
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Vegetarian Moussaka	Tempeh-Tofu Loaf	Stuffed Pepper Mu Shu Veg	Tofu Burger-Balls	Roasted Veg Lasagna	Jalapeno Popper Frittata	Tempeh Chilaquiles Rojo
Red Pepper Sauce	White Bean Portabello	Ginger & Orange Sauce	Sweet Potato Sauce	Zesty Tomato Sauce	Creamy Pesto Sauce	Brown Rice
Brown Rice / Garden Mixed Veg	Brown Rice / Peppers & Onions	Sesame Garlic Rice	Tumeric Brown Rice / Mediterreanean Veg	Cabbage & Onions	Brown Rice / Garden Mixed Veg	Garden Mixed Veg
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Beef Birria	Turkey Goulash	Chicken Breast	BBQ Pork Stew	Blackened Chicken	Tilapia	Chicken Tinga
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Spanish Rice & Beans	Cheddar Grits	Chimichurri Sauce	Brown Rice Pilaf
Eggplant & Peppers	Garden Mixed Veg / Herb Sauce	Quinoa Pilaf / Creole Vegetables	Carrots & Green Beans	Creole Vegetables	Brown Rice / Capri Mix Veg	Broccoli / Herb Sauce
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Beef Birria	Turkey Goulash	Roasted Chicken Thigh	BBQ Pork Stew	Blackened Chicken	Tilapia	Chicken Tinga
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Balsamic Onion Relish	Cheddar Grits	Chimichurri Sauce	Brown Rice Pilaf
Eggplant & Peppers	Garden Mixed Veg		Brown Rice / Capri Mix Veg	Creole Vegetables	Brown Rice / Capri Mix Veg	Capri Mixed Veg / Herb Sauce
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Beef Birria	Turkey Goulash	Balsamic Chicken Breast	Goan Pork Asado	Blackened Chicken	Baked Tilapia	Chicken Tinga
White Rice	White Rice	Onion & Feta Relish	Bell Pepper Relish	Cheddar Grits	Chimichurri Sauce	Orzo
Broccoli / Garlic Confit	Cauliflower	White Egg Noodle / Creole Vegetables	White Rice / Carrots & G. Beans	Cauliflower / Garlic Confit	White Rice / Capri Mixed Veg	Broccoli / Garlic Confit
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Beef Potato Dill Stew	Turkey Patty w/Herbs	Chicken Breast	Continental Pork Stew	Yogurt Herb Chicken	Tuna & Veg Frittata	Chicken Corn Chowder
White Rice	Cream of Celery	Bechamel Sauce	Orzo	Herb Sauce	Basil Pesto	Mashed Parsnip Potato
Eggplant Saute	White Egg Noodles / Mushroom & Veg Saute	White Egg Noodles / Peas & Carrots	Carrots & Green Beans	Cheddar Grits / Carrots & Green Beans	Orzo / Capri Mixed Veg	Zucchini
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Tempeh-Tofu Loaf / Enchilada Sauce	SwedishTempeh Veg Balls	Tofu Burger / Chickpea Gravy	Spiced Tempeh Cake	CajunTofu w/Red Beans	Falafel Patty	Vegetarian Ranchero
Brown Rice & Beans	WW Macaroni	Pasta w/Greens	Smokey Eggplant 'Shrm Sauce	Garlic Confit	Chimichurri Sauce	Brown Rice Pilaf
Broccoli / Garlic Confit	Garden Mixed Veg / Herb Sauce	Creole Vegetables	Spanish Rice & Beans / Carrots&G. Beans	Cheddar Grits / Creole Vegetables	WW Macaroni / Broccoli	Broccoli / Garlic Confit