



OCTOBER 2019 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
  	1-Oct-19 REGULAR Turkey Goulash WW Macaroni / Green Beans	2-Oct-19 REGULAR Chicken Stew Brown Rice / Br. Sprouts	3-Oct-19 REGULAR Tilapia Fillet / Red Pepper Sauce Spanish Brown Rice / Provenscale Veg	4-Oct-19 REGULAR Chicken Thigh / Mushroom Herb Sauce Wild Rice Pilaf / Carrots	5-Oct-19 REGULAR Beef & Lentil Stew Bulgur Pilaf / Garden Mixed Veg	6-Oct-19 REGULAR Pork Chile Verde / Brown Rice Br.Sprouts & Carrots	
	DIABETIC Turkey Goulash WW Macaroni / Green Beans	DIABETIC Chicken Stew Brown Rice / Garden Mixed Veg	DIABETIC Tilapia Fillet / Red Pepper Sauce Brown Rice / Br.Sprouts & Carrots	DIABETIC Chicken Thigh / Mushroom Herb Sauce Wild Rice Pilaf / Carrots	DIABETIC Beef & Lentil Stew Bulgur Pilaf / Garden Mixed Veg	DIABETIC Pork Chile Verde / Brown Rice Capri Mixed Veg	
	RENAL Turkey Goulash Orzo / Green Beans	RENAL Chicken Stew Egg Noodles / Garden Mixed Veg	RENAL Tilapia Fillet / English Pea Sauce White Rice / Green Beans	RENAL Chicken Breast / Bell Pepper Relish Peas	RENAL Beef & Lentil Stew Orzo / Carrots	RENAL Pork Chile Verde White Rice / Green Beans	
	BLAND Turkey Eggplant Torta Pan Gravy / Orzo	BLAND Chicken Stew Egg Noodles / Green Beans	BLAND Tilapia Fillet / English Pea Sauce White Rice / Carrots	BLAND Chicken & Macaroni Casserole Green Beans	BLAND Beef & Tofu Fricassee Mashed Potatoes	BLAND Pork Stew / White Rice Peas & Carrots	
	VEGETARIAN Lentil Tempeh Bolognese WW Macaroni / Green Beans	VEGETARIAN Tofu & Broccoli Szechwan Brown Rice / Br.Sprouts & Carrots	VEGETARIAN Black Bean Casserole Green Beans	VEGETARIAN Stuffed Mushroom & Herb Sauce Wild Rice Pilaf / Carrots	VEGETARIAN Split Pea & Veg Stew Bulgur Pilaf / Green Beans	VEGETARIAN Tofu & Bean Chile Verde / Brown Rice Capri Mixed Veg	
	10/07/19 REGULAR Tandoori Chix Thigh / Tikka Masala Sauce Quinoa Pilaf / Green Beans	8-Oct-19 REGULAR Tilapia Fillet / Paprikash Sauce WW Penne / Eggplant & Zucchini	9-Oct-19 REGULAR Roasted Pork Loin / Apple Sauce Brown Rice / Br.Sprouts & Carrots	10-Oct-19 REGULAR Moroccan Beef Stew Bulgur Pilaf / Green Beans	11-Oct-19 REGULAR Chicken Thigh Creole Vegetables / WW Penne	12-Oct-19 REGULAR Turkey Meatloaf / Onion Gravy Wild Rice Pilaf	13-Oct-19 REGULAR Chicken Fajita / Brown Rice & Beans Carrots
	DIABETIC Tandoori Chix Thigh / Tikka Masala Sauce Quinoa Pilaf / Green Beans	DIABETIC Tilapia Fillet / Paprikash Sauce WW Penne / Carrots	DIABETIC Roasted Pork Loin / Apple Sauce Brown Rice / Cauliflower	DIABETIC Moroccan Beef Stew Bulgur Pilaf / Green Beans	DIABETIC Chicken Thigh Creole Vegetables / WW Penne	DIABETIC Turkey Meatloaf / Onion Gravy Wild Rice Pilaf	DIABETIC Beef Fajita / Brown Rice & Beans Broccoli
	RENAL Chicken Breast / Carrot Sauce White Rice / Green Beans	RENAL Tilapia Fillet / Parsley Sauce White Egg Noodles / Carrots	RENAL Roasted Pork Loin / Apple Sauce Orzo / Green Beans	RENAL Beef Stew w/Turnip Egg Noodles / Green Beans	RENAL Chicken Breast / Chimichurri Sauce Herb Polenta / Peas	RENAL Turkey Meatloaf / Onion Gravy Orzo / Green Beans	RENAL Chicken Fajita Herb Polenta / Brussel Sprouts
	BLAND Chicken Breast / Mushroom Gravy White Rice / Peas & Carrots	BLAND Tilapia Fillet / Carrot Sauce Macaroni / Green Beans	BLAND Roasted Pork Loin / Apple Sauce Orzo / Green Beans	BLAND Beef & Turnip Couscous Pilaf	BLAND Chicken Breast Vegetable Fricassee / Herb Polenta	BLAND Turkey Shepherd Pie Pan Gravy / Green Beans	BLAND Chicken Tortilla Casserole Carrots
	VEGETARIAN Roasted Tempeh / Tikka Masala Sauce Quinoa Pilaf / Green Beans	VEGETARIAN Cabbage Roll / Paprikash Sauce WW Penne / Glazed Carrots	VEGETARIAN Three Bean Chili Brown Rice / Br.Sprouts & Carrots	VEGETARIAN Veg & Bean Curry Bulgur Pilaf / Green Beans	VEGETARIAN Blackeyed Peas & Kale Herb Polenta / Creole Vegetables	VEGETARIAN Tofu Burger / Onion Gravy Brown Rice	VEGETARIAN Quinoa Tempeh Hash Brown Rice & Beans / Carrots
14-Oct-19 REGULAR Tilapia Fillet / Cubana Sauce Brown Rice	15-Oct-19 REGULAR Chicken Breast / Salsa Verde Spanish Brown Rice / Green Beans	16-Oct-19 REGULAR Beef Ranchero Stew WW Egg Noodles / Broccoli	17-Oct-19 REGULAR Chicken Thigh / Garlic Sauce WW Penne / Peas & Carrots	18-Oct-19 REGULAR Caribbean Pork Stew Quinoa Pilaf / Eggplant & Peppers	19-Oct-19 REGULAR Turkey Meatloaf Marsala Sauce / Brown Rice	20-Oct-19 REGULAR Chicken Tikka Masala Biryani Brown Rice / Carrots	
DIABETIC Tilapia Fillet / Cubana Sauce Brown Rice	DIABETIC Chicken Thigh / Salsa Verde Spanish Brown Rice / Carrots	DIABETIC Beef Ranchero Stew WW Egg Noodles / Broccoli	DIABETIC Chicken Thigh / Green Beans WW Penne / Peas & Carrots	DIABETIC Caribbean Pork Stew Quinoa Pilaf / Eggplant & Peppers	DIABETIC Turkey Meatloaf Marsala Sauce / Brown Rice	DIABETIC Chicken Tikka Masala Biryani Brown Rice / Carrots	
RENAL Tilapia Fillet / Chimichurri Sauce Macaroni / Brussel Sprouts	RENAL Chicken Breast / Salsa Verde White Rice / Green Beans	RENAL Beef Stew Egg Noodles / Broccoli	RENAL Chicken Thigh / Balsamic Onion Sauce Orzo / Peas & Carrots	RENAL Pork Stew White Rice / Peas & Carrots	RENAL Turkey Meatloaf Marsala Sauce / Egg Noodles	RENAL Chicken Tikka Masala White Rice / Carrots	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14-Oct-19	15-Oct-19	16-Oct-19	17-Oct-19	18-Oct-19	19-Oct-19	20-Oct-19
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Tilapia Fillet / Carrot Sauce Macaroni / Green Beans	Chicken Breast / Cream of Celery White Rice / Carrots	Beef & Vegetable Stew White Egg Noodles	Chicken Thigh / Pan Gravy Orzo / Peas & Carrots	Pork Stew White Rice / Peas & Carrots	Beef Patty / Mushroom Gravy White Egg Noodles	Chicken Casserole Carrots
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Lasagna Marinara Sauce / Brussel Sprouts	Lentil Casserole Spanish Brown Rice / Green Beans	Tempeh Vegetarian Ranchero WW Egg Noodles / Carrots	Quinoa & Bean Patty / Garlic Sauce WW Penne / Peas & Carrots	Pinto Beans Sweet Potato Grit Casserole Peas & Carrots	Vegetable Frittata Brown Rice	Lima Bean & Tofu Curry Biryani Brown Rice / Carrots
10/21/19	22-Oct-19	23-Oct-19	24-Oct-19	25-Oct-19	26-Oct-19	27-Oct-19
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
Spiced Chicken Thigh / Red Mole Sauce Brown Rice & Beans / Carrots & G. Beans	Beef Ropa Vieja Stew Bulgur Pilaf / Garden Mixed Veg	Tilapia Fillet / Mustard Cream Sauce Brown Rice & Beans / Br.Sprouts & Carrots	Turkey Chili Whole Wheat Macaroni / Carrots	Roasted Pork Loin Wild Rice Pilaf / Ratatouille	Veggie Loaf / Mushroom Sage Gravy Mashed Potatoes	Chicken Thigh / Marinara Sauce WW Penne / Green Beans
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC
Spiced Chicken Thigh / Red Mole Sauce Brown Rice & Beans / Carrots & G. Beans	Beef Ropa Vieja Stew Bulgur Pilaf / Garden Mixed Veg	Tilapia Fillet / Mustard Cream Sauce Brown Rice & Beans / Br.Sprouts & Carrots	Turkey Chili Whole Wheat Macaroni / Carrots	Roasted Pork Loin Wild Rice Pilaf / Ratatouille	Turkey Veg Frittata / Mushroom Sage Gravy Whole Wheat Penne	Chicken Thigh / Marinara Sauce WW Penne / Green Beans
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Chicken Breast / Orange Sauce White Rice / Green Beans	Beef Ropa Vieja Stew Egg Noodles / Peas & Carrots	Tilapia Fillet / Mustard Cream Sauce Orzo / Brussel Sprouts	Turkey Meatballs Mushroom Pepper Steak / Egg Noodles	Roasted Pork Loin / Pan Gravy Herb Polenta / Green Beans	Veggie Loaf / Parsley Sauce Orzo / Green Beans	Chicken Breast / Pan Gravy White Egg Noodles / Green Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Chicken Breast / English Pea Sauce	Beef Stew Mashed Potatoes / Green Beans	Tilapia Fillet / Mustard Cream Sauce Orzo / Peas & Carrots	Turkey Meatballs / Alfredo Sauce White Egg Noodles / Green Beans	Roasted Pork Loin Zucchini 'Shroom Sauce / Herb Polenta	Turkey Veg Frittata Pan Gravy / Orzo	Chicken Breast / Sweet Potato Sauce White Egg Noodles / Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Orange Tofu Stir Fry Brown Rice & Beans / Carrots & G. Beans	Stuffed Bell Pepper Red Mole Sauce / Corn Succotash	Roasted Tofu / Portabello & Peppers WW Macaroni / Br.Sprouts & Carrots	Tofu & Zucchini Penne Green Beans	Tempeh & Polenta Casserole Peas & Carrots	Veggie Loaf WW Penne/Mushroom Sage Gravy	Lentil-Oat Burger / Marinara Sauce WW Penne / Green Beans
10/21/19	29-Oct-19	30-Oct-19	31-Oct-19	<p style="text-align: center; color: #e91e63;">Cholesterol Revisited: Can we eat eggs again?</p> <p>The American Heart Association has released new guidelines stressing a personalized, lifespan approach to prevention and management to improve cholesterol levels. When you lower your LDL levels ("bad" cholesterol), and raise your HDL levels ("good" cholesterol), you lower your risk for cardiovascular events such as heart attack, stroke, and coronary artery disease.</p> <p>Even if you are taking a cholesterol lowering medication, it cannot replace healthy eating and physical activity, which have been proven to lower LDL cholesterol.</p> <p>Consider these guidelines:</p> <ol style="list-style-type: none"> Choose lean cuts of meats or protein: Saturated fat raises blood cholesterol more than dietary cholesterol, so choose 3 oz of roasted chicken breast, salmon, or tofu. This one may surprise you: Reduce refined carbohydrate intake (white bread, pastries, pasta, white rice). This is <u>just as important</u> as cutting down on saturated fats for cholesterol improvement. Replace refined carbohydrates with whole grain pasta, brown rice, and whole grain breads and cereals. Choose sweet potatoes instead of white potatoes. An egg a day is okay! Serve an egg on whole grain toast, eat a hardboiled egg as an afternoon snack, or cut a hardboiled egg into a salad for dinner. Get your Omega 3s: Two servings of salmon or sardines a week, or a small handful of walnuts daily may have heart healthy properties such as removing cholesterol from cells. Avoid fried foods which can be a source of trans fat. Trans fats increase LDL levels and lower HDL levels, which increases risk for heart disease. Love your fiber! Eating a diet rich in fiber is associated with a higher HDL level, and a lower LDL level. The fiber associated with lowering LDL cholesterol is found in fruits, vegetables and grains such as oats, apples, pears, oranges, beans, flaxseed, and brussel sprouts. Are you smoking? Smoking lowers your HDL and increases your risk for heart attack and stroke. Quitting isn't about stopping, it's about connecting. Join a free support group near you through the SF Tobacco Free Project: (628) 206-6074, or 1-800-NO-BUTTS. Services supported in many languages and groups. Free nicotine patches may be available. 		
REGULAR	REGULAR	REGULAR	REGULAR			
Turkey Meatloaf / Mushroom-Dill Sauce Brown Rice / Brussel Sprouts	Chicken Breast / Puttanesca Sauce Bulgur Pilaf / Eggplant & Peppers	Beef Bourguignon Quinoa Pilaf / Green Beans	Tilapia Fillet / Sweet & Sour Sauce Fried Brown Rice / Stir Fry Vegetables			
DIABETIC	DIABETIC	DIABETIC	DIABETIC			
Turkey Meatloaf / Mushroom-Dill Sauce Brown Rice / Brussel Sprouts	Chicken Breast / Puttanesca Sauce Bulgur Pilaf / Eggplant & Peppers	Beef Bourguignon Quinoa Pilaf / Green Beans	Tilapia Fillet / Sweet & Sour Sauce Stir Fry Vegetables / Fried Brown Rice			
RENAL	RENAL	RENAL	RENAL			
Turkey Meatloaf / Mushroom-Dill Sauce White Egg Noodles / Green Beans	Chicken Breast / Puttanesca Sauce Orzo / Green Beans	Beef Stew White Egg Noodles / Green Beans	Tilapia Fillet / Cream of Celery White Rice / Peas			
BLAND	BLAND	BLAND	BLAND			
Turkey Meatloaf / Carrot Sauce White Egg Noodles / Green Beans	Chicken Breast / Mushroom Alfredo Orzo / Green Beans	Vegetable Frittata / Pan Gravy White Egg Noodles / Green Beans	Tilapia Fillet / Cream of Celery White Rice / Peas & Carrots			
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN			
Tempeh Shepherd Pie Brussel Sprouts	Singapore Tofu Curry Bulgur Pilaf / Peas & Carrots	Vegetable Frittata WW Egg Noodles / Green Beans	Thai Tempeh Cake / Sweet & Sour Sauce Fried Brown Rice / Stir Fry Vegetables			