

MONDAY

TUESDAY

WEDNESDAY

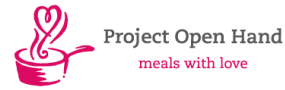
THURSDAY

FRIDAY

SATURDAY

SUNDAY

# OCTOBER 2020 WELLNESS MENU



## Breast Cancer Awareness Month

What you decide to eat can have a powerful impact on your health. Some foods can be cancer promoting, while other foods can be protective against cancer. A balanced diet is key, and remember, what you do *most of the time* is more important than what you do *some of the time*.

**Fruits and Vegetables**

•Many studies link a diet high in fruits and vegetables protective against breast cancer.  
•Eat colorful fresh fruits and vegetables daily. A good starting goal would be to include two to three types per day.  
•Don't count corn or potatoes as vegetables. They are considered starches.

**Fats**

•Try to keep most of your fat intake to healthy fats from peanut butter, nuts, olive oil, seeds, avocados, and fish such as salmon, sardines, mackerel, and anchovies.  
•Keep saturated fats from meats, dairy, butter, and coconut to less than 7% of your daily calories.

**Soy Products**

•Studies have observed that moderate consumption of soy foods over a long period of time shows either a protective or neutral effect, which suggests that moderate soy consumption is safe.  
•Choose natural soy products such as tofu, tempeh, or edamame (soy beans). These are low in fat, high in protein and nutrients.

**Meats**

•There is evidence that processed meats can increase breast cancer risk. Processed meat has been seasoned with salt, seasonings, and additives to enhance flavor. Examples: bacon, deli meats, sausage, and any fast foods meats.  
•The World Health Organization has classified processed meats as a Group 1 carcinogen (known to cause cancer).  
•Choose lean sources of protein such as chicken breast, fish, lean cuts of pork, and ground turkey most of the time.

**Dairy**

•There is some evidence that dairy products, which contain calcium, zinc, Vitamin A, D, and B12 may be beneficial in reducing the risk of post-menopausal breast cancer. Probiotics from yogurt may also be beneficial in helping to reduce breast cancer risk.  
•Choose dairy products with added Vitamin D, and no added sugars.

10/05/20	10/06/20	10/07/20	10/08/20	10/09/20	10/10/20	10/11/20
<b>REGULAR</b> Beef w/ Eggplant Brown Rice Garden Mixed Veg	<b>REGULAR</b> Tilapia Wheat Berry Pilaf Peppers & Onions	<b>REGULAR</b> Roasted Chicken Thigh Ginger & Orange Sauce Sesame Garlic B. Rice / Brussel Sprouts	<b>REGULAR</b> Braised Pork Loin Turmeric Brown Rice Garden Mixed Veg / Herb Sauce	<b>REGULAR</b> Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions	<b>REGULAR</b> Chicken Breast Creamy Pesto Sauce WW Rotini / Garden Mixed Veg	<b>REGULAR</b> Roasted Chicken Thigh Red Pepper Sauce Brown Rice / Garden Mixed Veg
<b>DIABETIC</b> Beef w/Eggplant Brown Rice / Garlic Confit Carrots & Green Beans	<b>DIABETIC</b> Tilapia Wheat Berry Pilaf Peppers & Onions	<b>DIABETIC</b> Roasted Chicken Thigh Ginger & Orange Sauce Sesame Garlic B.Rice / Carrots	<b>DIABETIC</b> Braised Pork Loin Sweet Potato Sauce Turmeric Brown Rice / Mediterreanean Veg	<b>DIABETIC</b> Turkey Meatloaf w/ Tomato Glaze Zesty Tomato Sauce WW Rotini / Cabbage & Onions	<b>DIABETIC</b> Chicken Breast Creamy Pesto Sauce WW Rotini / Carrots	<b>DIABETIC</b> Chicken Chilaquiles Herb Sauce Garden Mixed Veg
<b>RENAL</b> Rosemary Beef Stew Herbed White Rice Garden Mixed Veg / Garlic Confit	<b>RENAL</b> Baked Tilapia Peppers & Onions White Egg Noodles / Garlic Confit	<b>RENAL</b> Chicken Breast Ginger & Orange Sauce White Rice / Brussel Sprouts	<b>RENAL</b> Braised Pork Loin Orzo Broccoli	<b>RENAL</b> Turkey Meatloaf w/ Tomato Glaze Orzo Spicy Cabbage & Onion	<b>RENAL</b> Chicken Breast Creamy Pesto Sauce White Rice / Garden Mixed Veg	<b>RENAL</b> Sweet Spicy Chicken & Veg Orzo Garden Mixed Veg
<b>BLAND F20W5D1</b> Tempeh Tuna Cake Roasted Carrot Sauce Herbed White Rice / Green Beans	<b>BLAND F20W5D2</b> Beef Stew Herb Sauce White Egg Noodles / Zucchini	<b>BLAND F20W5D3</b> Chicken Breast Creamy Pea & Cheese Sauce Orzo / Carrots & Green Beans	<b>BLAND F20W5D4</b> Roasted Pork Loin Apple Raisin Celery Sauce Orzo / Peas & Carrots	<b>BLAND F20W5D5</b> White Turkey Lasagna Green Beans	<b>BLAND F20W5D6</b> Chicken Breast Parsnip Carrot Sauce White Rice / Zucchini	<b>BLAND F20W5D7</b> ChixTortillaSwPCass Green Beans
<b>VEG F20W5D1</b> Vegetarian Moussaka Red Pepper Sauce Brown Rice / Garden Mixed Veg	<b>VEG F20W5D2</b> Tempeh-Tofu Loaf White Bean Portabello Brown Rice / Peppers & Onions	<b>VEG F20W5D3</b> Stuffed Pepper Mu Shu Veg Ginger & Orange Sauce Sesame Garlic Rice	<b>VEG F20W5D4</b> Tofu Burger-Balls Sweet Potato Sauce Turmeric Brown Rice / Mediterreanean Veg	<b>VEG F20W5D5</b> Roasted Veg Lasagna Zesty Tomato Sauce Cabbage & Onions	<b>VEG F20W5D6</b> Jalapeno Popper Frittata Creamy Pesto Sauce Brown Rice / Garden Mixed Veg	<b>VEG F20W5D7</b> Tempeh Chilaquiles Rojo Brown Rice Garden Mixed Veg
10/12/20	10/13/20	10/14/20	10/15/20	10/16/20	10/17/20	10/18/20
<b>REGULAR</b> Beef Birria Brown Rice & Beans Eggplant & Peppers	<b>REGULAR</b> Turkey Goulash WW Macaroni Garden Mixed Veg / Herb Sauce	<b>REGULAR</b> Chicken Breast Pasta w/Greens Quinoa Pilaf / Creole Vegetables	<b>REGULAR</b> BBQ Pork Stew Spanish Rice & Beans Carrots & Green Beans	<b>REGULAR</b> Blackened Chicken Cheddar Grits Creole Vegetables	<b>REGULAR</b> Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	<b>REGULAR</b> Chicken Tinga Brown Rice Pilaf Broccoli / Herb Sauce
<b>DIABETIC</b> Beef Birria Brown Rice & Beans Eggplant & Peppers	<b>DIABETIC</b> Turkey Goulash WW Macaroni Garden Mixed Veg	<b>DIABETIC</b> Roasted Chicken Thigh Pasta w/Greens	<b>DIABETIC</b> BBQ Pork Stew Balsamic Onion Relish Brown Rice / Capri Mix Veg	<b>DIABETIC</b> Blackened Chicken Cheddar Grits Creole Vegetables	<b>DIABETIC</b> Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	<b>DIABETIC</b> Chicken Tinga Brown Rice Pilaf Capri Mixed Veg / Herb Sauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10/12/20</b>	<b>10/13/20</b>	<b>10/14/20</b>	<b>10/15/20</b>	<b>10/16/20</b>	<b>10/17/20</b>	<b>10/18/20</b>
<b>RENAL</b> Beef Birria White Rice Broccoli / Garlic Confit	<b>RENAL</b> Turkey Goulash White Rice Cauliflower	<b>RENAL</b> Balsamic Chicken Breast Onion & Feta Relish White Egg Noodle / Creole Vegetables	<b>RENAL</b> Goan Pork Asado Bell Pepper Relish White Rice / Carrots & G. Beans	<b>RENAL</b> Blackened Chicken Cheddar Grits Cauliflower / Garlic Confit	<b>RENAL</b> Baked Tilapia Chimichurri Sauce White Rice / Capri Mixed Veg	<b>RENAL</b> Chicken Tinga Orzo Broccoli / Garlic Confit
<b>BLAND</b> Beef Potato Dill Stew White Rice Eggplant Saute	<b>BLAND</b> Turkey Patty w/Herbs Cream of Celery White Egg Noodles / Mushroom & Veg Saute	<b>BLAND</b> Chicken Breast Bechamel Sauce White Egg Noodles / Peas & Carrots	<b>BLAND</b> Continental Pork Stew Orzo Carrots & Green Beans	<b>BLAND</b> Yogurt Herb Chicken Herb Sauce Cheddar Grits / Carrots & Green Beans	<b>BLAND</b> Tuna & Veg Frittata Basil Pesto Orzo / Capri Mixed Veg	<b>BLAND</b> Chicken Corn Chowder Mashed Parsnip Potato Zucchini
<b>VEGETARIAN</b> Tempeh-Tofu Loaf / Enchilada Sauce Brown Rice & Beans Broccoli / Garlic Confit	<b>VEGETARIAN</b> Swedish Tempeh Veg Balls WW Macaroni Garden Mixed Veg / Herb Sauce	<b>VEGETARIAN</b> Tofu Burger / Chickpea Gravy Pasta w/Greens Creole Vegetables	<b>VEGETARIAN</b> Spiced Tempeh Cake Smokey Eggplant 'Shrm Sauce Spanish Rice & Beans / Carrots&G. Beans	<b>VEGETARIAN</b> Cajun Tofu w/Red Beans Garlic Confit Cheddar Grits / Creole Vegetables	<b>VEGETARIAN</b> Falafel Patty Chimichurri Sauce WW Macaroni / Broccoli	<b>VEGETARIAN</b> Vegetarian Ranchero Brown Rice Pilaf Broccoli / Garlic Confit
<b>10/19/20</b>	<b>10/20/20</b>	<b>10/21/20</b>	<b>10/22/20</b>	<b>10/23/20</b>	<b>10/24/20</b>	<b>10/25/20</b>
<b>REGULAR</b> Herb Chicken Thigh Cilantro Chile Rice Green Beans	<b>REGULAR</b> Tomato-Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	<b>REGULAR</b> Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts / Herb Sauce	<b>REGULAR</b> Pork Loin w/Rosemary Herb Sauce Brown Rice / Caponata Sauce	<b>REGULAR</b> Tilapia w/ Curry Brown Rice Vegetables w/Coconut	<b>REGULAR</b> BBQ Glazed Chicken Thigh Beans w/Kale Garden Mixed Veg	<b>REGULAR</b> Beef Fajita Stew Brown Rice & Beans Carrots & G. Beans
<b>DIABETIC</b> Herbed Chicken Thigh Cilantro Chile Rice Carrots	<b>DIABETIC</b> Tomato-Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	<b>DIABETIC</b> Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts / Herb Sauce	<b>DIABETIC</b> Pork Loin w/Rosemary Herb Sauce Brown Rice / Caponata Sauce	<b>DIABETIC</b> Tilapia w/ Curry Brown Rice Vegetables w/Coconut	<b>DIABETIC</b> BBQ Glazed Chicken Thigh Beans w/Kale Garden Mixed Veg	<b>DIABETIC</b> Beef Fajita Stew Brown Rice Carrots & G. Beans
<b>RENAL</b> Chicken Breast / Chimichurri Sauce Herbed White Rice Brussel Sprouts	<b>RENAL</b> Tomato-Glazed Turkey Meatloaf Balsamic Onion Relish White Rice / Green Beans	<b>RENAL</b> Baked Tilapia Zesty Herb Puree Orzo / Brussel Sprouts	<b>RENAL</b> Pork Loin w/Rosemary Herbed Polenta Caponata Sauce	<b>RENAL</b> Spiced Chicken Saute White Egg Noodle Vegetables w/Coconut	<b>RENAL</b> BBQ Glazed Chicken Thigh Herbed White Rice Garden Mixed Veg	<b>RENAL</b> Beef Fajita Stew White Rice Carrots & G. Beans
<b>BLAND</b> Yogurt Herb Chicken Zucchini 'Shroom Sauce Herbed White Rice / Carrots	<b>BLAND</b> Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles	<b>BLAND</b> Eggplant Chicken Stew Orzo Zucchini	<b>BLAND</b> Roasted Pork Loin Mushroom Alfredo Herbed Polenta / Peas & Carrots	<b>BLAND</b> Vegetable Frittata Cream of Celery White Egg Noodles / Green Beans	<b>BLAND</b> Baked Tilapia Roasted Carrot Sauce White Egg Noodles / Zucchini	<b>BLAND</b> Beef & Corn Chowder White Rice Carrots & G. Beans
<b>VEGETARIAN</b> Tofu Jambalaya Cilantro Chile Rice Broccoli	<b>VEGETARIAN</b> Roasted Tofu Cutlets Marsala Sauce WW Egg Noodle / Glazed Carrots	<b>VEGETARIAN</b> Falafel Patty Zesty Herb Puree Bulgur Pilaf / Brussel Sprouts	<b>VEGETARIAN</b> Tofu Burger-Balls Herbed Polenta Caponata Sauce	<b>VEGETARIAN</b> Marinated Baked Tempeh Brown Rice Vegetables w/Coconut	<b>VEGETARIAN</b> Tofu Burger-Balls Brown Rice Beans w/Kale	<b>VEGETARIAN</b> Zucchini Frittata Brown Rice & Beans Carrots & G. Beans
<b>10/26/20</b>	<b>10/27/20</b>	<b>10/28/20</b>	<b>10/29/20</b>	<b>10/30/20</b>	<b>10/31/20</b>	
<b>REGULAR</b> Pork Chile Verde Brown Rice Capri Mix Veg	<b>REGULAR</b> Spiced Chicken Thigh Red Mole Sauce Br. Rice & Beans / Broccoli	<b>REGULAR</b> Beef Stroganoff WW Egg Noodle Br.Sprouts & Carrots	<b>REGULAR</b> Tilapia / Herb Sauce Brown Rice White Bean Ragout	<b>REGULAR</b> Roasted Chicken Thigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	<b>REGULAR</b> Turkey Bolognese WW Rotini Carrots	
<b>DIABETIC</b> Pork Chile Verde Herb Sauce Brown Rice / Capri Mixed Veg	<b>DIABETIC</b> Spiced Chicken Thigh Red Mole Sauce Br.Rice & Beans / Carrots	<b>DIABETIC</b> Beef Stroganoff WW Egg Noodle Br.Sprouts & Carrots / Herb Sauce	<b>DIABETIC</b> Tilapia / Herb Sauce Brown Rice White Bean Ragout	<b>DIABETIC</b> Roasted ChickenThigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	<b>DIABETIC</b> Turkey Bolognese WW Rotini Carrots	
<b>RENAL</b> Pork Chile Verde White Rice w/Herbs Capri Mixed Veg / Garlic Confit	<b>RENAL</b> Chicken Breast Red Mole Sauce Herbed White Rice / Broccoli	<b>RENAL</b> Beef Stroganoff White Egg Noodles Brussel Sprouts / Garlic Confit	<b>RENAL</b> Baked Tilapia Bell Pepper Relish Orzo / Cauliflower	<b>RENAL</b> Soy Garlic Chicken White Rice w/Herbs Capri Mix Veg	<b>RENAL</b> Turkey Bolognese White Egg Noodles Garden Mixed Veg	
<b>BLAND</b> Pork Potato Herb Stew Orzo Carrots & G. Beans	<b>BLAND</b> Chicken Tortilla Casserole White Rice Carrots	<b>BLAND</b> Chicken Breast / Alfredo Sauce White Egg Noodles Green Beans	<b>BLAND</b> Baked Tilapia Herb Sauce Orzo / Zucchini	<b>BLAND</b> Turkey Eggplant Torta White Rice w/Herbs Green Beans	<b>BLAND</b> Beef Shrm Stroganoff White Egg Noodles Peas & Carrots	
<b>VEGETARIAN</b> White Bean Spinach Casserole Salsa Verde Capri Mixed Veg	<b>VEGETARIAN</b> Quinoa Tempeh Stuffed Pepper Red Mole Sauce Peas & Carrots / Zesty Herb Puree	<b>VEGETARIAN</b> Swedish Tempeh Veg Balls Alfredo Sauce WW Egg Noodle / Brussel Sprouts	<b>VEGETARIAN</b> Split Pea-CauliPatty Herb Sauce Brown Rice / Bean & Kale Ragout	<b>VEGETARIAN</b> Roasted Tofu Blk-Eyed Pea Peanut Stew Dirty Brown Rice	<b>VEGETARIAN</b> Roasted Tempeh Spinach Lemon Herb WW Rotini / Carrots	

