

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
09/30/19 REGULAR Beef Fricassee WW Penne / Garden Mixed Veg	<b>National Food Safety Awareness Month</b> <b>RULES of the GAME for Food Safety</b> <b>1. Keep it Clean</b> Before you eat or handle food, wash your hands, food prep tools & surfaces. <b>2. Cook to the right temperature</b> Use a food thermometer to check that foods are cooked to the right temperature: <b>165°F</b> for chicken and <b>3. Watch the clock</b> Throw out perishable food that has been sitting at room temperature for more than two (2) hours. <b>4. Serve at the right temperature</b> Keep hot foods at 140°F or warmer, and cool foods at		<b>SEPTEMBER 2019 WELLNESS MENU</b> Join us for a Nutrition Education Class! Topic: <b>GOOD FATS</b> Thursday, September 19, 2019 1:30 PM - 2:30 PM  <b>Project Open Hand</b> <i>meals with love</i>			<b>FOOD DEMO in the Grocery Center!</b> WEDNESDAY · SEP 4 · 11 AM LENTILS SATURDAY · SEP 7 · 11 AM · PRODUCE WEDNESDAY · SEP 11 · 11 AM · PINTO BEANS SATURDAY · SEP 14 · 11 AM · PRODUCE TUESDAY · SEP 17 · 930 AM · OATMEAL FRIDAY · SEP 20 · 11 AM · PRODUCE WEDNESDAY · SEP 25 · 11 AM · SMOOTHIES SATURDAY · SEP 28 · 11 AM · PRODUCE		09/01/19 REGULAR Chicken Fajita / Brown Rice & Beans Carrots
DIABETIC Beef Fricassee* WW Penne / Brussel Sprouts								DIABETIC Chicken Fajita / Brown Rice & Beans Broccoli
RENAL Beef Fricassee Egg Noodle / Brussel Sprouts								RENAL Chicken Fajita Herb Polenta / Brussel Sprouts
BLAND Beef Patty / Zucchini Mushroom Sauce White Egg Noodle								BLAND Chicken Tortilla Casserole Carrots
VEGETARIAN Eggplant Parmesan Marinara Sauce WW Penne / Brussel Sprouts								VEGETARIAN Quinoa Tempeh Hash Brown Rice & Beans Carrots
09/02/19 REGULAR	09/03/19 REGULAR	09/04/19 REGULAR	09/05/19 REGULAR	09/06/19 REGULAR	09/07/19 REGULAR	09/08/19 REGULAR		
Tilapia Filet / Cubana Sauce Brown Rice	Chicken Breast / Salsa Verde Spanish Brown Rice / Green Beans	Beef Ranchero Stew WW Egg Noodles / Broccoli	Chicken Thigh / Garlic Sauce WW Penne / Peas & Carrots	Caribbean Pork Stew / Quinoa Pilaf Eggplant & Peppers	Turkey Meatloaf / Marsala Sauce Brown Rice / Brussel Sprouts	Chicken Tikka Masala Biryani Brown Rice / Carrots		
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC		
Tilapia Filet / Cubana Sauce Brown Rice	Chicken Breast / Salsa Verde Spanish Brown Rice / Carrots	Beef Ranchero Stew WW Egg Noodles / Broccoli	Chicken Thigh / Garlic Sauce WW Penne / Green Beans	Caribbean Pork Stew / Quinoa Pilaf Eggplant & Peppers	Turkey Meatloaf / Marsala Sauce Brown Rice / Brussel Sprouts	Chicken Tikka Masala Biryani Brown Rice / Carrots		
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL		
Tilapia / Chimichurri Sauce Macaroni / Brussel Sprouts	Chicken Breast / Salsa Verde White Rice / Green Beans	Beef Stew Egg Noodle / Broccoli	Chicken Thigh / Balsamic Onion Sauce Orzo / Peas & Carrots	Pork Stew White Rice / Peas & Carrots	Turkey Meatloaf / Marsala Sauce Egg Noodle / Green Beans	Chicken Tikka Masala White Rice / Carrots		
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND		
Tilapia Filet / Macaroni Carrot Sauce / Green Beans	Chicken Breast / Cream of Celery White Rice / Carrots	Beef & Veg Stew White Egg Noodle	Chicken Thigh / Pan Gravy Orzo / Peas & Carrots	Pork Stew White Rice / Peas & Carrots	Beef Patty / Mushroom Gravy White Egg Noodle / Green Beans	Chicken & Rice Casserole Carrots		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN		
Vegetable Lasagna Marinara Sauce / Brussel Sprouts	Lentil Casserole Spanish Brown Rice / Green Beans	Roasted Tempeh / Vegetarian Ranchero WW Egg Noodles / Carrots	Quinoa & Bean Patty / Garlic Sauce WW Penne / Peas & Carrots	Pinto Beans Sw Potato Grit Casserole Peas & Carrots	Vegetable Frittata Brown Rice / Brussel Sprouts	Lima Bean&Tofu Curry Biryani Brown Rice / Carrots		
09/09/19 REGULAR	09/10/19 REGULAR	09/11/19 REGULAR	09/12/19 REGULAR	09/13/19 REGULAR	09/14/19 REGULAR	09/15/19 REGULAR		
Spiced Chicken Thigh / Red Mole Sauce Brown Rice & Beans / Carrots&Green Beans	Beef Ropa Vieja Stew / Bulgur Pilaf Garden Mixed Veg	Tilapia Fillet / Mustard Cream Sauce Brown Rice & Beans / Br.Sprouts & Carrots	Turkey Chili WW Macaroni / Carrots	Roasted Pork Loin Wild Rice Pilaf / Ratatouille	Veggie Loaf / Mushroom Sage Gravy Mashed Potatoes / Broccoli	Chicken Thigh / Marinara Sauce WW Penne / Green Beans		
DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC	DIABETIC		
Spiced Chicken Thigh Red Mole Sauce	Beef Ropa Vieja Stew / Bulgur Pilaf Garden Mixed Veg	Tilapia Fillet / Mustard Cream Sauce Brown Rice & Beans / Br.Sprouts & Carrots	Turkey Chili WW Macaroni / Green Beans	Roasted Pork Loin Wild Rice Pilaf / Ratatouille	Turkey Veg Frittata / Mushroom Sage Gravy WW Penne / Broccoli	Chicken Thigh / Marinara Sauce WW Penne / Green Beans		
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL		
Chicken Breast Orange Sauce	Beef Ropa Vieja Stew Egg Noodle / Peas & Carrots	Tilapia Fillet / Mustard Cream Sauce Orzo / Brussel Sprouts	Turkey Meatballs / Mushroom Pepper Steak Egg Noodle	Roasted Pork Loin / Pan Gravy Herb Polenta / Green Beans	Veggie Loaf / Parsley Sauce Orzo / Green Beans	Chicken Breast / Pan Gravy Egg Noodle / Green Beans		

09/09/19	09/10/19	09/11/19	09/12/19	09/13/19	09/14/19	09/15/19
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Chicken Breast	Beef Stew / Mashed Potatoes	Tilapia Fillet / Mushroom Gravy	Turkey Meatballs / Alfredo Sauce	Roasted Pork Loin	Turkey Veg Frittata	Chicken Breast / Sweet Potato Sauce
English Pea Sauce	Green Beans	Orzo / Peas & Carrots	Egg Noodle / Green Beans	Zucchini Mushroom Sauce / Herb Polenta	Pan Gravy / Orzo	Egg Noodle / Green Beans
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Orange Tofu Stir Fry	Stuffed Bell Pepper	Roasted Tofu / Portabello & Peppers	Tofu & Zucchini Penne	Tempeh & Polenta Casserole	Veggie Loaf / Mushroom Sage Gravy	Lentil-Oat Burger / Marinara Sauce
Brown Rice	Red Mole Sauce / Corn Succotash	WW Macaroni / Br.Sprouts & Carrots	Green Beans	Peas & Carrots	WW Penne / Carrots	WW Penne / Green Beans
09/16/19	09/17/19	09/18/19	09/19/19	09/20/19	09/21/19	09/22/19
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Turkey Meatloaf / Mushroom-Dill Sauce	Chicken Breast / Puttanesca Sauce	Beef Bourguignon	Tilapia Fillet / Sweet & Sour Sauce	Chicken Tetrazzini	Irish Pork Stew	BBQ Glazed Chicken Thigh
Brown Rice / Brussel Sprouts	Bulgur Pilaf / Eggplant & Peppers	Quinoa Pilaf / Green Beans	Fried Brown Rice / Stir Fry Vegetables	WW Macaroni / Carrots	WW Egg Noodles / Green Beans	Bulgur Pilaf / Garden Mixed Veg
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Turkey Meatloaf / Mushroom-Dill Sauce	Chicken Breast / Puttanesca Sauce	Beef Bourguignon	Tilapia Fillet / Sweet & Sour Sauce	Chicken Tetrazzini	Irish Pork Stew	BBQ Glazed Chicken Thigh
Brown Rice / Brussel Sprouts	Bulgur Pilaf / Eggplant & Peppers	Quinoa Pilaf / Green Beans	Fried Brown Rice / Stir Fry Vegetables	WW Macaroni / Broccoli	WW Egg Noodles / Green Beans	Bulgur Pilaf / Garden Mixed Veg
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Turkey Meatloaf / Mushroom-Dill Sauce	Chicken Breast / Puttanesca Sauce	Beef Stew	Tilapia Filet / Cream of Celery	Chicken Stew	Pork & Mushroom Stew	BBQ Glazed Chicken Breast
Egg Noodle /Green Beans	Orzo / Green Beans	Egg Noodle / Green Beans	White Rice / Peas	Macaroni / Carrots	Egg Noodle / Green Beans	Herb Polenta / Garden Mixed Veg
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Turkey Meatloaf / Carrot Sauce	Chicken Breast / Mushroom Alfredo	Vegetable Frittata / Pan Gravy	Tilapia Filet / Cream of Celery	Chicken & Mac Cass	Pork & Mushroom Stew	Chicken Thigh / Zucchini & Mushroom Sauce
Egg Noodle /Green Beans	Orzo / Green Beans	White Egg Noodle / Green Beans	White Rice / Peas & Carrots	Carrots	Egg Noodle / Green Beans	Herb Polenta
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Tempeh Shepherd Pie	Singapore Tofu Curry	Vegetable Frittata	Thai Tempeh Cake / Sweet & Sour Sauce	White Bean Spinach Casserole	Tofu Egg Foo Young / Sesame Hoisin Sauce	Barley & Bean Burger / BBQ Glaze
Brussel Sprouts	Bulgur Pilaf / Peas & Carrots	WW Egg Noodles / Green Beans	Fried Brown Rice / Stir Fry Vegetables	Carrots	Green Beans	Herb Polenta / Garden Mixed Veg
09/23/19	09/24/19	09/25/19	09/26/19	09/27/19	09/28/19	09/29/19
<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>	<b>REGULAR</b>
Roasted Pork Loin / Cacciatore Sauce	Thai Beef w/ Basil	Chicken Thigh / Balsamic Onion Sauce	Turkey Bolognese	Tilapia Fillet / Creamy Basil Sauce	Chicken Gumbo	Chicken Thigh / Provenscale Veg
WW Penne / Normandy Veg	Brown Rice / Carrots	WW Penne / Capri Mixed Veg	WW Penne / Eggplant & Zucchini	Quinoa Pilaf / Green Beans	Dirty Brown Rice / Carrots	Bulgur Pilaf
<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>	<b>DIABETIC</b>
Roasted Pork Loin / Cacciatore Sauce	Thai Beef w/ Basil	Chicken Thigh / Balsamic Onion Sauce	Turkey Bolognese	Tilapia Fillet / Creamy Basil Sauce	Chicken Gumbo	Chicken Thigh / Provenscale Veg
WW Penne / Normandy Veg	Brown Rice / Carrots	WW Penne / Capri Mixed Veg	WW Penne / Eggplant & Zucchini	Quinoa Pilaf / Green Beans	Dirty Brown Rice / Carrots	Bulgur Pilaf
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Roasted Pork Loin / Carrot Sauce	Thai Beef w/ Basil	Chicken Thigh / Balsamic Onion Sauce	Veggie Loaf / Pan Gravy	Tilapia Fillet / Herb Sauce	Chicken Eggplant Stew	Chicken Breast / Provenscale Veg
Orzo / Green Beans	White Rice / Peas	Egg Noodles / Peas & Carrots	Orzo / Green Beans	Egg Noodle / Carrots	Herb Polenta / Carrots	Orzo
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Roasted Pork Loin / Carrot Sauce	Beef & Mushroom Stew	Chicken Breast / Cream of Celery	Veggie Loaf / Pan Gravy	Tilapia Fillet / Zucchini & Mushroom Sauce	Chicken Eggplant Stew	Chicken Sw Potato Casserole
Orzo / Green Beans	White Rice / Carrots	Egg Noodle / Peas & Carrots	Orzo / Green Beans	Egg Noodle	Herb Polenta / Carrots	Green Beans
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Roasted Tofu & Cannellini Bean Cacciatore	Enchilada Casserole	Tomato Quiche	Coconut Curry Veg	Stuffed Mushroom / Creamy Basil Sauce	Veg Tofu Jambalaya	Tempeh-Tofu Loaf / Provenscale Veg
WW Penne / Normandy Veg	Carrots	Peas & Carrots	Quinoa & Brown Pilaf	Quinoa Pilaf / Green Beans	Dirty Brown Rice / Carrots	Bulgur Pilaf