



SEPTEMBER 2020 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8/31/2020	9/1/2020	9/2/2020	9/3/2020	9/4/2020	9/5/2020	9/6/2020
REGULAR Beef Birria Brown Rice & Beans Eggplant, Peppers & Onions	REGULAR Turkey Goulash WW Macaroni / Herb Sauce Garden Mixed Veg	REGULAR Chicken Breast Pasta w/Greens Quinoa Pilaf / Creole Vegetables	REGULAR BBQ Pork Stew Spanish Rice & Beans Carrots & GreenBeans	REGULAR Blackened Chicken Cheddar Grits Creole Vegetables	REGULAR Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	REGULAR Chicken Tinga Brown Rice Pilaf Broccoli / Herb Sauce
DIABETIC Beef Birria Brown Rice & Beans Eggplant, Peppers & Onions	DIABETIC Turkey Goulash WW Macaroni Garden Mixed Veg	DIABETIC Roasted ChickenThigh Pasta w/Greens Creole Vegetables	DIABETIC BBQ Pork Stew Balsamic Onion Relish Brown Rice / Capri Mix Veg	DIABETIC Blackened Chicken Cheddar Grits Creole Vegetables	DIABETIC Tilapia Chimichurri Sauce Brown Rice / Capri Mix Veg	DIABETIC Chicken Tinga Herb Sauce Brown Rice Pilaf / Capri Mix Veg
RENAL Beef Birria White Rice Broccoli / Garlic Confit	RENAL Turkey Goulash White Rice Cauliflower	RENAL Balsamic Chicken Breast Onion & Feta Relish W. Egg Noodle / Creole Veg	RENAL Goan Pork Asado Bell Pepper Relish W. Rice / Carrots & G. Beans	RENAL Blackened Chicken Cheddar Grits Cauliflower / Garlic Confit	RENAL Baked Tilapia Chimichurri Sauce White Rice / Capri Mixed Veg	RENAL Chicken Tinga Garlic Confit Orzo / Broccoli
BLAND Beef Potato & Dill Stew White Rice Eggplant Saute	BLAND Turkey Patty w/Herbs Cream of Celery Egg Noodles / Mushroom Veg Saute	BLAND Chicken Breast Bechamel Sauce Egg Noodles / Peas & Carrots	BLAND Continental Pork Stew Orzo Carrots & Green Beans	BLAND Yogurt Herb Chicken Herb Sauce Cheddar Grits / Carrots & Green Beans	BLAND Tuna & Veg Frittata Basil Pesto Orzo / Capri Mixed Veg	BLAND Chicken Corn Chowder Mashed Parsnip Potato Zucchini
VEGETARIAN Tempeh-Tofu Loaf House Enchilada Sauce Brown Rice & Beans / Broccoli	VEGETARIAN SwedishTempeh Veg Balls Herb Sauce WW Macaroni / Garden Mixed Veg	VEGETARIAN Tofu Burger / Chickpea Gravy Pasta w/Greens Creole Vegetables	VEGETARIAN Spiced Tempeh Cake Smokey Eggplant 'Shrm Sauce Sp.Rice&Beans /Carrots & G.Beans	VEGETARIAN CajunTofu w/ Red Beans Garlic Confit Cheddar Grits / Creole Vegetables	VEGETARIAN Falafel Patty Chimichurri Sauce WW Macaroni / Broccoli	VEGETARIAN Vegetarian Ranchero Garlic Confit Brown Rice Pilaf / Broccoli
9/7/2020	9/8/2020	9/9/2020	9/10/2020	9/11/2020	9/12/2020	9/13/2020
REGULAR Herb Chicken Thigh Cilantro Chile Rice Green Beans	REGULAR Tomato Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	REGULAR Chicken Lentil Stew Herb Sauce Bulgur Pilaf / Brussel Sprouts	REGULAR Pork Loin w/ Rosemary Caponata Sauce Brown Rice	REGULAR Tilapia w/ Curry Brown Rice Vegetables w/Coconut	REGULAR BBQ Roasted ChickenThigh Beans w/Kale Garden Mixed Veg	REGULAR Beef Fajita Stew Brown Rice & Beans Carrots&GreenBeans
DIABETIC Herb Chicken Thigh Cilantro Chile Rice Carrots	DIABETIC Tomato Glazed Turkey Meatloaf Marsala Sauce / WW Egg Noodle Broccoli-Cauliflower / Herb Sauce	DIABETIC Chicken Lentil Stew Herb Sauce Bulgur Pilaf / Brussel Sprouts	DIABETIC Pork Loin w/Rosemary Caponata Sauce Brown Rice	DIABETIC Tilapia w/ Curry Brown Rice Vegetables w/Coconut	DIABETIC BBQ Roasted ChickenThigh Beans w/Kale Garden Mixed Veg	DIABETIC Beef Fajita Stew Brown Rice Carrots&GreenBeans
RENAL Chicken Breast Chimichurri Sauce Herbed White Rice/B. Sprouts	RENAL Tomato Glazed Turkey Meatloaf Balsamic Onion Relish White Rice / Green Beans	RENAL Baked Tilapia Zesty Herb Puree Orzo / Brussel Sprouts	RENAL Pork Loin w/Rosemary Herbed Polenta Caponata Sauce	RENAL Spiced Chicken Saute White Egg Noodle Vegetables w/Coconut	RENAL BBQ Glazed ChickenThigh Herbed White Rice Garden Mixed Veg	RENAL Beef Fajita Stew White Rice Carrots & Green Beans
BLAND Yogurt Herb Chicken Zucchini 'Shroom Sauce Herbed White Rice & Carrots	BLAND Turkey Stuffed 'Shrm Creamy Basil Sauce White Egg Noodles	BLAND Eggplant Chicken Stew Orzo Zucchini	BLAND Roasted Pork Loin Mushroom Alfredo Herbed Polenta / Peas & Carrots	BLAND Vegetable Frittata Cream of Celery White Egg Noodles / Green Beans	BLAND Baked Tilapia Roasted Carrot Sauce White Egg Noodles / Zucchini	BLAND Beef & Corn Chowder White Rice Carrots & Green Beans
VEGETARIAN Tofu Jambalaya Cilantro Chile Rice Broccoli	VEGETARIAN Roasted Tofu Cutlets Marsala Sauce WW Egg Noodle / Glazed Carrots	VEGETARIAN Falafel Patty Zesty Herb Puree Bulgur Pilaf / Brussel Sprouts	VEGETARIAN Tofu Burger-Balls Caponata Sauce Herbed Polenta	VEGETARIAN Marinated Baked Tempeh Vegetables w/Coconut Brown Rice	VEGETARIAN Tofu Burger-Balls Brown Rice Beans w/Kale	VEGETARIAN Zucchini Frittata Brown Rice & Beans Carrots&GreenBeans
9/14/2020	9/15/2020	9/16/2020	9/17/2020	9/18/2020	9/19/2020	9/20/2020
REGULAR Pork Chile Verde Brown Rice Capri Mix Veg	REGULAR Spiced Chicken Thigh Red Mole Sauce Brown Rice & Beans / Broccoli	REGULAR Beef Stroganoff WW Egg Noodle Br.Sprouts & Carrots	REGULAR Tilapia W/ Herb Sauce Brown Rice White Bean Ragout	REGULAR Roasted ChickenThigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	REGULAR Turkey Bolognese WW Rotini Carrots	REGULAR Roasted ChickenThigh Bulgur Pilaf Ratatouille
DIABETIC Pork Chile Verde Herb Sauce Brown Rice / Capri Mixed Veg	DIABETIC Spiced Chicken Thigh Red Mole Sauce Br. Rice & Beans /Carrots	DIABETIC Beef Stroganoff WW Egg Noodle w/ Herb Sauce Br.Sprouts & Carrots	DIABETIC Tilapia W/ Herb Sauce Brown Rice White Bean Ragout	DIABETIC Roasted ChickenThigh Mushroom Ragout Dirty Brown Rice / Garden Mixed Veg	DIABETIC Turkey Bolognese WW Rotini Carrots	DIABETIC Roasted ChickenThigh Bulgur Pilaf Ratatouille
RENAL Pork Chile Verde White Rice w/Herbs Capri Mixed Veg / Garlic Confit	RENAL Chicken Breast Red Mole Sauce HerbedWhite Rice / Broccoli	RENAL Beef Stroganoff White Egg Noodles Brussel Sprouts / Garlic Confit	RENAL Baked Tilapia Bell Pepper Relish Orzo / Cauliflower	RENAL Soy Garlic Chicken White Rice w/Herbs Capri Mix Veg	RENAL Turkey Bolognese White Egg Noodles Garden Mixed Veg	RENAL BalsamicChickBreast Parsley Sauce Herbed Polenta / Broccoli

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9/14/2020 BLAND Pork Potato Herb Stew Orzo Carrots & Green Beans VEGETARIAN White Bean Spinach Casserole Salsa Verde Capri Mixed Veg	9/15/2020 BLAND Chicken Tortilla Casserole White Rice Carrots VEGETARIAN Quinoa Tempeh Stuffed Pepper Red Mole Sauce Herbed Peas & Carrots	9/16/2020 BLAND Chicken Breast Alfredo Sauce White Egg Noodles Green Beans VEGETARIAN Swedish Tempeh Veg Balls Alfredo Sauce WW Egg Noodle / Brussel Sprouts	9/17/2020 BLAND Baked Tilapia Herb Sauce Orzo / Zucchini VEGETARIAN Split Pea-Cauli Patty + Herb Sauce Brown Rice Bean & Kale Ragout	9/18/2020 BLAND Turkey Eggplant Torta White Rice w/Herbs Green Beans VEGETARIAN Roasted Tofu Blk-EyedPeaPeanutSt Dirty Brown Rice	9/19/2020 BLAND Beef Shrm Stroganoff White Egg Noodles Peas & Carrots VEGETARIAN Roasted Tempeh w/ Spinach Lemon Herb WW Rotini Carrots	9/20/2020 BLAND Tempeh Tuna Cake English Pea Sauce White Rice / Corn VEGETARIAN Roasted SW Tempeh Herbed Polenta Ratatouille		
9/21/2020 REGULAR Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots DIABETIC Roasted Pork Loin Mushroom Dill Sauce Bulgur Pilaf / Carrots RENAL Roasted Pork Loin Mushroom Dill Sauce White Rice / Cauliflower BLAND Pork Loin w/Mushroom Gravy White Egg Noodles Peas & Carrots VEGETARIAN Roasted Tofu Zesty Herb Puree Bulgur Pilaf Cauliflower Tagine	9/22/2020 REGULAR Tilapia w/Sweet & Sour Sauce Brown Rice Pilaf Stir Fry Veg DIABETIC Tilapia w/Sweet & Sour Sauce Brown Rice Pilaf / Garlic Confit Broccoli-Cauliflower RENAL Tilapia w/Sweet & Sour Sauce Herbed White Rice Stir Fry Veg BLAND Baked Tilapia / Cream of Celery Herbed White Rice Carrots VEGETARIAN Tofu Egg Foo Young Brown Rice Pilaf Stir Fry Veg	9/23/2020 REGULAR Chicken Tetrizzini WW Rotini Brussel Sprouts / Lemon Mustard Sauce DIABETIC Chicken Tetrizzini WW Rotini Brussel Sprouts / Lemon Mustard Sauce RENAL Pineapple Glazed Chiicken Lemon Mustard Sauce White Egg Noodles / Brussel Sprouts BLAND Chicken Breast Mushroom Alfredo Sauce White Egg Noodles / Green Beans VEGETARIAN Balsamic Portabello Cannellini BeanCacci WW Macaroni	9/24/2020 REGULAR Spicy Beef Stew Sesame Brown Rice Garden Mixed Veg DIABETIC Spicy Beef Stew Sesame Brown Rice Carrots & Broccoli RENAL Spicy Beef Stew Orzo Green Beans BLAND Beef Tofu Fricassee Orzo Mixed Veg Saute VEGETARIAN Mu Shu Tofu & Veg Sesame Brown Rice Roasted Garden Veg	9/25/2020 REGULAR Turkey Meatloaf Turkey Gravy WW Rotini / Braised Cabbage DIABETIC Turkey Meatloaf Turkey Gravy WW Rotini / Braised Cabbage RENAL Turkey Meatloaf Turkey Gravy White Egg Noodle / Peas & Carrots BLAND Turkey Patty Pan Gravy White Egg Noodles VEGETARIAN Tempeh & Garbanzo Patty Eggplant Mushroom Sc WW Egg Noodle / Braised Cabbage	9/26/2020 REGULAR Chicken Breast Chimichurri Sauce Brown Rice Pilaf / Cauliflower DIABETIC Chicken Breast / Chimichurri Sauce Brown Rice Pilaf Peas & CarrotS RENAL Chicken Breast Chimichurri Sauce Orzo / Cauliflower BLAND Chicken Breast Herb Sauce Orzo VEGETARIAN Three Bean Tofu Chili Chimichurri Sauce Brown Rice Pilaf / Cauliflower	9/27/2020 REGULAR Roasted ChickenThigh Red Pepper Sauce Brown Rice / Cauliflower Tagine DIABETIC Roasted ChickenThigh Red Pepper Sauce Brown Rice / Cauliflower Tagine RENAL Turkey Tortilla Cass Red Pepper Sauce Broccoli BLAND Roast Chicken Thigh White Egg Noodles Eggplant Zucc Saute VEGETARIAN Spinach Frittata Red Pepper Sauce Brown Rice / Broccoli		
9/28/2020 REGULAR Tilapia Salsa Verde Wheat Berry Pilaf DIABETIC Tilapia Salsa Verde Wheat Berry Pilaf RENAL Baked Tilapia Salsa Verde Orzo BLAND Beef Herb Stew Orzo Green Beans VEGETARIAN Roasted SW Tempeh Garbanzo & Veg Wheat Berry Pilaf	9/29/2020 REGULAR Roasted ChickenThigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg DIABETIC Roasted ChickenThigh Bell Pepper Relish Quinoa Pilaf / Capri Mix Veg RENAL Chix 'Shrm Noodle Casserole Garlic Confit Capri Mix Veg BLAND Chix 'Shrm Noodle Casserole Carrots VEGETARIAN Spiced Tempeh Cake Bell Pepper Relish Quinoa Pilaf / Capri Mixed Veg	9/30/2020 REGULAR Turkey Chili Herb Sauce Brown Rice / Garden Mixed Veg DIABETIC Turkey Chili Herb Sauce Brown Rice / Green Beans RENAL Turkey Picadillo Orzo Garden Mixed Veg BLAND Turkey Picadillo Cream of Celery Orzo / Green Beans VEGETARIAN Roasted Tofu Garden Veg Bean Chili Brown Rice	<p style="text-align: center;">Food Safety for Raw Fruit</p> <p>Fresh fruit is part of a healthy, balanced diet. It is a great source of water, fiber, vitamins and minerals, and other nutrients that help our bodies work normally. Fruit is also a wonderful low-calorie option to satisfy sweet cravings which may help you prevent unplanned weight gain.</p> <p>However, raw fruit may carry germs such as Salmonella, E. coli, and Listeria which can cause food poisoning. Therefore, here are some recommendations to stay safe when choosing fresh fruit:</p>			<p>At the Store:</p> <ul style="list-style-type: none"> * Avoid fruit that is bruised, open, damaged, or with visible rotting and mold. * Keep raw fruits in separate bags and containers away from raw meats, seafood, and eggs in your shopping cart or bag. * Choose pre-cut fruits that have been kept on ice or inside or a refrigerator. * Choose frozen or canned fruits in 100% juice or water if fresh fruit is bad quality. 	<p>At Home:</p> <ul style="list-style-type: none"> * Maintain good hygiene. Wash your hands with soap and water before handling raw fruit. Wipe down food preparation areas such as kitchen counter tops. * Wash dishes, utensils, and cutting boards with soap and water before using. Try to have a separate cutting board that is only used for raw fruits and vegetables. * Wash or scrub fruit under running water before handling and eating. You do not need to use soap, detergent, or commercial produce wash. * Wash fruits with skins and peels that you do not eat such as melons and citrus to prevent germs and bacteria from entering when cutting or peeling. * Cut away any damaged or bruised areas on the fruit. Throw away fruit that looks rotten or moldy. * Store perishable fruit such as berries in a clean container inside a refrigerator that is at least 40°F. Keep it away from raw meats, seafood, and eggs. * Refrigerate any fruit within 2 hours after cutting or peeling them and within 1 hour if the outside temperature is 90°F or higher. 	<p>At Project Open Hand:</p> <ul style="list-style-type: none"> * The tips mentioned above also apply to fruit received from Project Open Hand. * Make sure to wash the fruit of the day from congregate meal sites before eating. * If you cannot wash the fruit right away, save it for later when you are able to wash it. <p>Food Poisoning Symptoms:</p> <ul style="list-style-type: none"> * Symptoms can be mild to severe and can take a few hours or days to start. The most common ones are upset stomach, nausea, vomiting, diarrhea, and fever. * The symptoms usually go away after a few days. Make sure to drink enough fluids throughout the day to prevent dehydration. * Call your doctor if the symptoms get worse or last longer than 3 days. <p>Sources: cdc.gov/food safety</p>

