

OCTOBER 2018 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Regular Creole Chicken Stew Cajun Brown Rice Green Beans	Regular Baked Tilapia / Basil Sauce Bulgar Pilaf Cauliflower	Regular 5 Spice Thighs / Sweet & Sour Sauce Coconut Brown Rice Mixed Vegetables	Regular Beef Fajita Stew Spanish Rice & Beans Carrots	Regular Turkey Meatloaf / Mushroom Gravy Whole Wheat Pasta Mixed Vegetables	Regular Bean Chili w/Tofu Brown Rice Brussel Sprouts	Regular Pork Loin / Creamy Garlic Sauce Whole Wheat Pasta Glazed Carrots
Bland Chicken Stew Orzo Green Beans	Bland Baked Tilapia / Basil Sauce White Macaroni Mixed Vegetables	Bland Chicken Thighs Orzo Mixed Vegetables	Bland Beef Stir-Fry White Rice Carrots	Bland Turkey Meatloaf / Mushroom Gravy White Macaroni Mixed Vegetables	Bland Turkey Stew Egg Noodles Carrots	Bland Chicken Thighs / Carrot Sauce White Macaroni Peas
Renal Chicken Stew Orzo Green Beans	Renal Baked Tilapia / Basil Sauce White Macaroni Cauliflower	Renal 5 Spice Thighs / Sweet & Sour Sauce Orzo Mixed Vegetables	Renal Beef Stir-Fry White Rice Carrots	Renal Turkey Meatloaf / Mushroom Gravy White Macaroni Mixed Vegetables	Renal Turkey Stew Egg Noodles Carrots	Renal Chicken Thighs / Carrot Ginger Sauce White Macaroni Peas
Diabetic Creole Chicken Stew Cajun Brown Rice Green Beans	Diabetic Baked Tilapia / Basil Sauce Bulgar Pilaf Cauliflower	Diabetic 5 Spice Thighs / Sweet & Sour Sauce Coconut Brown Rice Mixed Vegetables	Diabetic Beef Fajita Stew Spanish Rice & Beans Carrots	Diabetic Turkey Meatloaf / Mushroom Gravy Whole Wheat Pasta Mixed Vegetables	Diabetic Bean Chili w/Tofu NO RICE Brussel Sprouts	Diabetic Pork Loin / Creamy Garlic Sauce Whole Wheat Pasta Steamed Carrots
Vegetarian Cajun Tofu w/Red Beans Cajun Brown Rice Green Beans	Vegetarian Stuffed Bell Pepper / Basil Sauce Bulgar Pilaf Cauliflower	Vegetarian Vegi Burger Coconut Brown Rice Mixed Vegetables	Vegetarian Tofu Chili Verde Spanish Rice & Beans Carrots	Vegetarian Eggplant Parmesan Whole Wheat Pasta Mixed Vegetables	Vegetarian Vegetarian Three Bean Chili Whole Wheat Macaroni Carrots	Vegetarian Roasted Vegetable Quiche Brown Rice Mixed Vegetables
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
Regular Hearty Beef Stew Whole Wheat Macaroni Mixed Vegetables	Regular Tandori Chicken Thighs Brown Rice Peas & Carrots	Regular Baked Tilapia / Caponata Sauce Whole Wheat Penne Mixed Vegetables	Regular Turkey Tetrazzini W.W.Pasta Mixed Vegetables	Regular Chicken Thighs / Caramelized Onion Sauce Roasted Sweet Potato Green Beans	Regular Pork Loin / Sweet & Sour Sauce Brown Rice Cauliflower	Regular Turkey Meatloaf / Marinara Sauce Whole Wheat Penne Mixed Vegetables
Bland Beef Stew White Macaroni Mixed Vegetables	Bland Roasted Chicken Thighs White Rice Peas & Carrots	Bland Baked Tilapia / English Pea Sauce White Macaroni Mixed Vegetables	Bland Turkey Tetrazzini White Pasta Mixed Vegetables	Bland Chicken Thighs / Parsley Sauce Orzo Green Beans	Bland Chicken Thigh / Parsley Sauce White Rice Mixed Vegetables	Bland Tilapia / Sweet & Sour Sauce Egg Noodles Steamed Carrots
Renal Beef Stew White Macaroni Mixed Vegetables	Renal Tandori Chicken Thighs White Rice Peas & Carrots	Renal Baked Tilapia / English Pea Sauce White Macaroni Mixed Vegetables	Renal Turkey Tetrazzini White Pasta Mixed Vegetables	Renal Chicken Thighs / Caramelized Onion Sauce Orzo Green Beans	Renal Chicken Thigh / Parsley Sauce White Rice Mixed Vegetables	Renal Tilapia / Sweet & Sour Sauce Egg Noodles Steamed Carrots
Diabetic Hearty Beef Stew Whole Wheat Macaroni Mixed Vegetables	Diabetic Tandori Chicken Thighs Brown Rice Peas & Carrots	Diabetic Baked Tilapia / Caponata Sauce Whole Wheat Penne Mixed Vegetables	Diabetic Turkey Tetrazzini W.W.Pasta Mixed Vegetables	Diabetic Chicken Thighs / Caramelized Onion Sauce Roasted Sweet Potato Green Beans	Diabetic Pork Loin / Sweet & Sour Sauce Brown Rice Cauliflower	Diabetic Turkey Meatloaf / Marinara Sauce Whole Wheat Penne Green Beans
Vegetarian Hearty Vegetable Stew w/Seitan Whole Wheat Macaroni Mixed Vegetables	Vegetarian Singapore Curry Tofu Brown Rice Peas & Carrots	Vegetarian Vegetable Caponata w/Tempeh Whole Wheat Penne Mixed Vegetables	Vegetarian Sweet & Sour Tofu Brown Rice Mixed Vegetables	Vegetarian Enchilada Casserole Brown Rice Green Beans	Vegetarian Vegetable Stir Fry w/Tofu Bulgar Pilaf Broccoli	Vegetarian Roasted Vegetable Frittata Brown Rice Carrots
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
Regular Baked Tilapia / Creole Sauce Whole Wheat Penne Mixed Vegetables	Regular Beef Ranchero Stew Brown Rice Green Beans	Regular Chicken Thighs / Cacciatore Sauce Whole Wheat Macaroni Corn	Regular Salisbury Steak / Mushroom Herb Sauce Wild Rice Pilaf Carrots	Regular Pork Loin / Chasseur Sauce Brown Rice Cauliflower/Broccoli	Regular Turkey Bolognese Whole Wheat Penne Brussel Sprouts	Regular Singapore Curry Chicken Stew Brown Rice Peas & Carrots
Bland Baked Tilapia / Basil Sauce White Macaroni Mixed Vegetables	Bland Beef Stew Orzo Green Beans	Bland Chicken Thighs / Carrot Sauce White Macaroni Zucchini	Bland Salisbury Steak / Mushroom Gravy Orzo Carrots	Bland Roasted Pork Loin / Parsley Sauce Egg Noodles Cauliflower	Bland Beef Stir-Fry White Rice Carrots	Bland Turkey Meatloaf / Mushroom Gravy White Macaroni Mixed Vegetables

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<div>15-Oct</div> <div>Renal</div> <div>Baked Tilapia / Basil Sauce White Macaroni Mixed Vegetables</div> <div>Diabetic</div> <div>Baked Tilapia / Creole Sauce Whole Wheat Penne Mixed Vegetables</div> <div>Vegetarian</div> <div>Stuffed Portabella / Creole Sauce Whole Wheat Penne Mixed Vegetables</div> <div>22-Oct</div> <div>Regular</div> <div>Vegetable Curry w/Tofu Brown Rice Broccoli</div> <div>Bland</div> <div>Pork Chop w/Herb Sauce Egg Noodles Mixed Vegetables</div> <div>Renal</div> <div>Pork Chop w/Herb Sauce Egg Noodles Mixed Vegetables</div> <div>Diabetic</div> <div>Vegetable Curry w/Tofu Brown Rice Broccoli</div> <div>Vegetarian</div> <div>Vegetable Curry w/Tofu Brown Rice Broccoli</div>	<div>16-Oct</div> <div>Renal</div> <div>Beef Stew Orzo Green Beans</div> <div>Diabetic</div> <div>Beef Ranchero Stew Brown Rice Green Beans</div> <div>Vegetarian</div> <div>Vegi Ranchero Stew w/Tempeh Brown Rice Green Beans</div> <div>23-Oct</div> <div>Regular</div> <div>Beef Bourguignon Whole Wheat Macaroni Mixed Vegetables</div> <div>Bland</div> <div>Beef Stew White Macaroni Mixed Vegetables</div> <div>Renal</div> <div>Beef Stew White Macaroni Mixed Vegetables</div> <div>Diabetic</div> <div>Beef Bourquignon Whole Wheat Macaroni Mixed Vegetables</div> <div>Vegetarian</div> <div>Stuffed Portabella / Puttanesca Sauce Whole Wheat Macaroni Mixed Vegetables</div>	<div>17-Oct</div> <div>Renal</div> <div>Chicken Thighs / Carrot Sauce White Macaroni Zucchini</div> <div>Diabetic</div> <div>Chicken Thighs / Cacciatore Sauce Whole Wheat Macaroni Corn</div> <div>Vegetarian</div> <div>Cannellini Bean Cacciatore Whole Wheat Macaroni Zucchini</div> <div>24-Oct</div> <div>Regular</div> <div>Baked Tilapia / Puttanesca Sauce Bulgar Pilaf Green Beans</div> <div>Bland</div> <div>Baked Tilapia / Parsley Sauce White Rice Green Beans</div> <div>Renal</div> <div>Baked Tilapia / Parsley Sauce White Rice Green Beans</div> <div>Diabetic</div> <div>Baked Tilapia / Puttanesca Sauce Bulgar Pilaf Green Beans</div> <div>Vegetarian</div> <div>Vegi Burger Bulgar Pilaf Green Beans</div>	<div>18-Oct</div> <div>Renal</div> <div>Salisbury Steak / Mushroom Gravy Orzo Carrots</div> <div>Diabetic</div> <div>Salisbury Steak / Mushroom Herb Sauce Wild Rice Pilaf Carrots</div> <div>Vegetarian</div> <div>Vegi Loaf / Mushroom Herb Sauce Wild Rice Pilaf Carrots</div> <div>25-Oct</div> <div>Regular</div> <div>Turkey Fiesta Stew Whole Wheat Pasta Carrots</div> <div>Bland</div> <div>Turkey Stew Egg Noodles Carrots</div> <div>Renal</div> <div>Turkey Stew Egg Noodles Carrots</div> <div>Diabetic</div> <div>Turkey Fiesta Stew Whole Wheat Pasta Carrots</div> <div>Vegetarian</div> <div>Vegetarian Three Bean Chili Whole Wheat Macaroni Carrots</div>	<div>19-Oct</div> <div>Renal</div> <div>Roasted Pork Loin / Parsley Sauce Egg Noodles Cauliflower</div> <div>Diabetic</div> <div>Pork Loin / Chausseur Sauce Brown Rice Cauliflower/Broccoli</div> <div>Vegetarian</div> <div>Sweet Potato & Lentil Stew Brown Rice Cauliflower/Broccoli</div> <div>26-Oct</div> <div>Regular</div> <div>Chicken Thighs / Carrot Ginger Sauce Brown Rice Mixed Vegetables</div> <div>Bland</div> <div>Chicken Thighs / Carrot Sauce White Macaroni Peas</div> <div>Renal</div> <div>Chicken Thighs / Carrot Ginger Sauce White Macaroni Peas</div> <div>Diabetic</div> <div>Chicken Thighs / Carrot Ginger Sauce Brown Rice Mixed Vegetables</div> <div>Vegetarian</div> <div>Roasted Vegetable Quiche Brown Rice Mixed Vegetables</div>	<div>20-Oct</div> <div>Renal</div> <div>Beef Stir-Fry White Rice Carrots</div> <div>Diabetic</div> <div>Turkey Bolognese Whole Wheat Penne Brussel Sprouts</div> <div>Vegetarian</div> <div>Tofu Chili Verde Spanish Rice & Beans Carrots</div> <div>27-Oct</div> <div>Regular</div> <div>Roasted Pork Loin Wild Rice Pilaf Brussel Sprouts</div> <div>Bland</div> <div>Turkey Tetrazzini White Pasta Mixed Vegetables</div> <div>Renal</div> <div>Turkey Tetrazzini White Pasta Mixed Vegetables</div> <div>Diabetic</div> <div>Roasted Pork Loin Wild Rice Pilaf Brussel Sprouts</div> <div>Vegetarian</div> <div>Sweet & Sour Tofu Brown Rice Mixed Vegetables</div>	<div>21-Oct</div> <div>Renal</div> <div>Turkey Meatloaf / Mushroom Gravy White Macaroni Mixed Vegetables</div> <div>Diabetic</div> <div>Singapore Curry Chicken Stew Brown Rice Peas & Carrots</div> <div>Vegetarian</div> <div>Eggplant Parmesan Whole Wheat Pasta Mixed Vegetables</div> <div>28-Oct</div> <div>Regular</div> <div>BBO Chicken Thighs Brown Rice Carrots</div> <div>Bland</div> <div>Chicken Thighs / Cauliflower Sauce Orzo Green Beans</div> <div>Renal</div> <div>Chicken Thighs / Onion Sauce Orzo Green Beans</div> <div>Diabetic</div> <div>BBO Chicken Thighs Brown Rice Carrots</div> <div>Vegetarian</div> <div>Enchilada Casserole Brown Rice Green Beans</div>																									
<div>29-Oct</div> <div>Regular</div> <div>Salibury Steak / Mushroom Gravy Whole Wheat Pasta Cauliflower</div> <div>Bland</div> <div>Salibury Steak / Mushroom Gravy Egg Noodles Cauliflower</div> <div>Renal</div> <div>Salibury Steak / Mushroom Gravy Egg Noodles Cauliflower</div> <div>Diabetic</div> <div>Salibury Steak / Mushroom Gravy Whole Wheat Pasta Cauliflower</div> <div>Vegetarian</div> <div>Vegi Balls / Mushroom Gravy Whole Wheat Pasta Cauliflower</div>	<div>30-Oct</div> <div>Regular</div> <div>Chicken Fajita Stew Brown Rice Carrots</div> <div>Bland</div> <div>Chicken Stew White Rice Carrots</div> <div>Renal</div> <div>Chicken Stew White Rice Carrots</div> <div>Diabetic</div> <div>Chicken Fajita Stew Brown Rice Carrots</div> <div>Vegetarian</div> <div>Enchilada Casserole Brown Rice Glazed Carrots</div>	<div>31-Oct</div> <div>Regular</div> <div>Italian Pork Loin / Marinara Sauce Whole Wheat Pasta Mixed Vegetables</div> <div>Bland</div> <div>Roasted Pork Loin Egg Noodles Mixed Vegetables</div> <div>Renal</div> <div>Roasted Pork Loin Egg Noodles Mixed Vegetables</div> <div>Diabetic</div> <div>Italian Pork Loin / Marinara Sauce Whole Wheat Pasta Mixed Vegetables</div> <div>Vegetarian</div> <div>Italian White Bean Stew w/Seitan Whole Wheat Pasta Mixed Vegetables</div>	<div>Breast Cancer Awareness Month</div> <div>According to the American Institute for Cancer Research (AICR), 1 in 8 women in the United States will develop breast cancer in their lifetime.</div> <div>There are many health recommendations for how to reduce your risk of cancer. One important nutrition recommendation is to eat a more plant-based diet to increase your intake of phytochemicals.</div> <div>What is a phytochemical?</div> <div>This is the naturally occurring part of the plant that gives the plant it's color, aroma, and contributes to its flavor.</div> <div>Phytochemicals work together to protect the body from cancer and other disease. The best way to get more phytochemicals is to include rich food sources- not from a supplement or pill.</div> <div>* Eat 5 to 9 servings of a variety of non-starchy vegetables & fruits daily. A half cup of raw or cooked vegetables count as a serving, or 1 medium sized piece of fruit.</div> <div>* Include whole grains and legumes in every meal.</div> <div></div>				<div>Colorful Fruits, Vegetables, and Phytochemicals</div> <table><tr><th>Color</th><th>Phytochemicals</th><th>Fruits & Vegetable Sources</th></tr><tr><td>White & Green</td><td>Allyl sulphides</td><td>Onions, garlic, chives & leeks</td></tr><tr><td>Green</td><td>Sulforaphanes, indoles</td><td>Broccoli, Brussel sprouts, cabbage & cauliflower</td></tr><tr><td>Yellow & Green</td><td>Lutein, zeaxanthin</td><td>Asparagus, collard greens, spinach & winter squash</td></tr><tr><td>Orange & Yellow</td><td>Cryptpxanthin, flavonoids</td><td>Cantaloupe, nectarines, oranges, papaya & peaches</td></tr><tr><td>Orange</td><td>Alpha and beta carotenes</td><td>Carrots, mangos & pumpkin</td></tr><tr><td>Red & Purple</td><td>Anthocyanins, polyphenols</td><td>Berries, grapes & plums</td></tr><tr><td>Red</td><td>Lycopene</td><td>Tomatoes, pink grapefruit & watermelon</td></tr></table> <div>Include these colorful plants in your diet for best cancer defense!</div> <div>Project Open Hand meals with love</div> <div>Kristi Friesen, Registered Dietitian at Project Open Hand</div>	Color	Phytochemicals	Fruits & Vegetable Sources	White & Green	Allyl sulphides	Onions, garlic, chives & leeks	Green	Sulforaphanes, indoles	Broccoli, Brussel sprouts, cabbage & cauliflower	Yellow & Green	Lutein, zeaxanthin	Asparagus, collard greens, spinach & winter squash	Orange & Yellow	Cryptpxanthin, flavonoids	Cantaloupe, nectarines, oranges, papaya & peaches	Orange	Alpha and beta carotenes	Carrots, mangos & pumpkin	Red & Purple	Anthocyanins, polyphenols	Berries, grapes & plums	Red	Lycopene	Tomatoes, pink grapefruit & watermelon
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