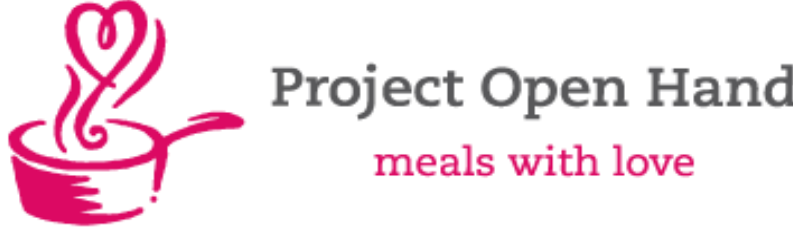
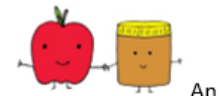

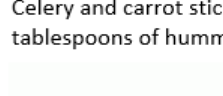
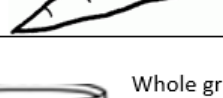
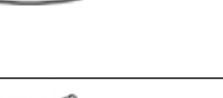


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
  <h1 style="text-align: center;">JUNE 2022</h1> <h2 style="text-align: center;">WELLNESS MENU</h2>		1-Jun	2-Jun	3-Jun	4-Jun	5-Jun
		<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
		Hoisin Pork Medallion Sweet & Sour Sauce Vegetable Fried Rice / Stir Fry Vegetables	Moroccan Beef Stew Bulgur Pilaf Broccoli-Cauliflower	Chicken Drumsticks Brown Rice Pilaf Artichoke Provencal	Meatloaf Florentine Mushroom Alfredo Sauce Parsnip & Sweet Potato / Garden Mixed Veg	Tempeh Tuna Cake Bell Pepper Relish Orzo Pilaf w/Peas / Capri Mixed Veg
		<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
		Hoisin Pork Medallion Sweet & Sour Sauce Vegetable Fried Rice / Stir Fry Vegetables	Moroccan Beef Stew Bulgur Pilaf Broccoli-Cauliflower	Soy Garlic Chicken Brown Rice Pilaf Garlic-Herb Carrots	Meatloaf Florentine Mushroom Alfredo Sauce Parsnip & Sweet Potato	Tempeh Tuna Cake Bell Pepper Relish Orzo Pilaf w/Peas / Carrots
		<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
		Chicken Stew Orzo Yellow Zucchini	Turkey Patty Bechamel Sauce White Egg Noodle / Capri Mixed Veg	Beef Herb Stew White Egg Noodle Green Beans	Yogurt Herb Chicken Basil Pesto Sauce White Rice Pilaf / Capri Mixed Veg	Tempeh Tuna Cake Herb Sauce Orzo / Capri Mixed Veg
		<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
		Tempeh Meatballs Creamy Dill Sauce WW Rotini / Carrot & Green Beans	Blackened Tempeh Dirty Brown Rice Creole Vegetables	Bean Spinach Casserole Garlic-Herb Carrots	Tofu Mushroom Adobo Turmeric Brown Rice Broccoli	Veg Ranchero Stew Orzo Pilaf w/Peas Capri Mixed Veg
		6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
Cod Fillet Turmeric Brown Rice Orange Tofu & Edamame	Chicken Thigh Red Pepper Sauce Brown Rice Pilaf / Cauli-Lentil Tagine	Citrus Chicken Breast Black Bean Sauce Pineapple Brown Rice / Capri Mixed Veg	Pork & Chickpea Stew Spanish Brown Rice Garden Mixed Veg	Beef Bourguignon Parsely Sauce WW Rotini / Broccoli-Cauliflower	Chicken Drumsticks Mushroom & Herb Sauce Lemon Garlic Wild Rice / Broccoli	Beef & Turkey Meatball Zesty Tomato Sauce WW Rotini / Garlic-Herb Carrots
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Cod Fillet White Rice w/Herbs Orange Tofu & Edamame	Chicken Breast Red Pepper Sauce White Rice w/Herbs / Garden Mixed Veg	Roasted Pork Loin Brown Rice Garden Veg Chili	Pork & Chickpea Stew Mexican Brown Rice Garden Mixed Veg	Beef Bourguignon WW Rotini Carrot & Green Beans	Chicken Breast Mushroom & Herb Sauce White Rice Pilaf / Broccoli	Beef & Turkey Meatball Zesty Tomato Sauce WW Rotini / Cauliflower
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
Cod Fillet Vegetable Fricassee White Rice w/Herbs / Green Beans	Chicken Breast Zucchini & Tofu Garden Mixed Veg	Beef & Corn Chowder White Rice Carrot & Green Beans	Continental Pork Stew White Egg Noodle Capri Mixed Veg	Roasted Pork Loin Carrot-Ricotta Herb Sauce / W Egg Noodles Garden Mixed Veg	Turkey Eggplant Torta White Rice Green Beans	Chicken Casserole Herb Sauce Green Beans
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
Lentil Casserole Garden Mixed Veg	Orange Tofu & Edamame Brown Rice Broccoli-Cauliflower	Baharat Tempeh Brown Rice Cauli-Lentil Tagine	Jalapeno Popper Frittata Mexican Brown Rice Peas	Southwest Tofu Brown Rice Garden Veg Chili	Balsamic Portabello Bean & Peppers Saute Lemon Garlic Wild Rice	Vegetable Lasagna Zesty Tomato Sauce Garlic-Herb Carrots
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
Turkey Tetrazzini WW Rotini Br. Sprouts & Carrots	Cod Fillet / Creamy Dill Sauce Quinoa, Feta Chickpea Cabbage & Green Beans	Chicken Thigh Sweet Potato Chipotle Quinoa Pilaf / Brussel Sprouts	Chicken Tikka Masala Brown Rice w/Veggies Capri Mixed Veg	Balsamic Pork Cutlet Mushroom Ragout Herbed Polenta / Carrot & Green Beans	Beef Stroganoff WW Rotini Winter Vegetables	Chicken Drumsticks / Salsa Verde Mexican Brown Rice Green Beans & Peppers
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
Jalapeno Popper Frittata Pumpkin Seed Sauce White Rice	Cod Fillet Creamy Dill Sauce Brown Rice	Blackened Chickrn Breast Sweet Potato Chipotle Quinoa Pilaf	Turkey Meatballs Zesty Tomato Sauce WW Rotini	Balsamic Chicken Breast Mushroom Ragout WW Rotini	Beef Stroganoff White Egg Noodle Garden Mixed Veg	Pork Loin w/Rosemary Mexican Brown Rice Eggplant Saute

13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Turkey-Veg Frittata</b> White Rice Green Beans / Cauliflower	<b>Cod Fillet</b> Creamy Dill Sauce Orzo / Capri Mixed Veg	<b>Chicken Breast</b> Potato Cream Sauce Orzo 'Shrm Pilaf / Yellow Zucchini	<b>Turkey Meatballs</b> Mushroom Alfredo Sauce White Egg Noodle / Capri Mixed Veg	<b>Tuna Ricotta Frittata</b> Orzo Green Beans	<b>Chicken Noodle Casserole</b> Carrots	<b>Roasted Pork Loin</b> Creamy Dill Sauce White Rice w/Herbs / Eggplant Saute
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Tofu Sweet Potato Hash</b> Pumpkin Seed Sauce Brown Rice & Beans	<b>Zucchini &amp; Peppers Frittata</b> Brown Rice Pilaf Peas	<b>Spiced Tempeh Cake</b> Sweet Potato Chipotle Quinoa Pilaf / Brussel Sprouts	<b>Tomato Eggplant Garbanzo Bake</b> Brown Rice Pilaf Capri Mixed Veg	<b>Veggie Loaf</b> Mushroom Ragout WW Rotini / Carrot & Green Beans	<b>Tempeh Pinto Tamale Pie</b> Peas	<b>Curried Tofu</b> Golden Lentil Sauce Mexican Brown Rice / Kale Saute
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>
<b>Garlic-Herb Chicken</b> Marinara Sauce Herbed Polenta / Garlic-Herb Carrots	<b>Turkey Picadillo</b> Cuban-Style Rice Cauliflower	<b>Cod Fillet</b> Veracruz Sauce Arroz Verde / Succotash	<b>Chicken Thigh</b> Cacciatore Sauce Wild Rice Pilaf / Capri Mixed Veg	<b>Chicken w/Spinach</b> WW Rotini Garden Mixed Veg	<b>Pork Loin</b> Black Eye Peas & Peanut Stew Brown Rice / Capri Mixed Veg	<b>Beef Fajita Stew</b> Brown Rice & Beans Green Beans
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>
<b>Garlic-Herb Chicken</b> Marinara Sauce Herbed Polenta / Italian Mixed Veg	<b>Beef Rosemary Stew</b> Orzo w/Lentils Capri Mixed Veg	<b>White Fish Cakes</b> Veracruz Sauce Arroz Verde / Brussel Sprouts	<b>Artichoke Lasagna</b> Cauliflower	<b>Cod Fillet</b> Spinach & Lemon Herb Bulgur Pilaf / Green Beans	<b>Pork Loin</b> Black Eye Peas & Peanut Stew Brown Rice / Cauliflower	<b>Pineapple Chicken</b> Ginger Garlic Sauce Brown Rice / Green Beans
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>
<b>Chicken Breast</b> Parsnip Puree Orzo Pilaf 'Shrm / Yellow Zucchini	<b>Beef Rosemary Stew</b> White Rice w/Herbs Capri Mixed Veg	<b>Pork Stew w/Raisins</b> White Egg Noodle Garden Mixed Veg	<b>Chicken Breast</b> Bechamel Sauce Orzo / Root Veg Hash	<b>Cod Fillet</b> Carrot Ricotta Sauce White Egg Noodle / Green Beans	<b>Turkey 'Shroom Ragu</b> White Egg Noodle Yellow Zucchini	<b>Yogurt Herb Chicken</b> Mushroom Alfredo Sauce Orzo Pilaf 'Shrm / Green Beans
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
<b>Tempeh Casserole</b> House Enchilada Sauce Garlic-Herb Carrots	<b>Zucchini &amp; Tofu</b> Bell Pepper Relish Capri Mixed Veg	<b>Three Bean Tofu Chili</b> Arroz Verde Succotash	<b>Tempeh Artichoke Lasagna</b> Garlic-Herb Carrots	<b>Roasted Tofu Cutlets</b> Spinach & Lemon Herb Bulgur Pilaf / Green Beans	<b>Southwest Tempeh</b> Black Eye Peas & Peanut Stew Brown Rice / Cauliflower	<b>Tempeh-Tofu Loaf</b> Mushroom Sage Gravy Mashed Parsnips / Garden Mixed Veg
27-Jun	28-Jun	29-Jun	30-Jun	<h2 style="text-align: center; background-color: #ff00ff; color: white; padding: 5px;">Healthy Snacks when Hunger Attacks</h2> <p>We've all been there: Your stomach starts rumbling and the next mealtime is hours away! When we need a snack, it's easy to reach for whatever is convenient. But remember, hunger is your body telling you that it needs energy and nutrition. So, try to feed your snack-time hunger with nutritious food that provide long-lasting energy. When snack hunger hits, follow these three tips to get the most out of your mini-meals.</p> <ol style="list-style-type: none"> <li>Stay full longer by including 2 of these 3 filling nutrients: Fiber, protein, and healthy fat.</li> <li>Produce Please: Fresh fruits and vegetables pack a healthy punch of vitamins and minerals. Add variety to snacks with the addition of fruits and vegetables.</li> <li>A WHOLE lot better: packaged foods can be a convenient, shelf-stable part of your snack-time toolbox. Pick packaged foods that are most like their whole form. For example: wholegrain bread instead of white, refined grain bread; or peanut butter without added sugar or oil.</li> </ol>		
<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>	<b>WELLNESS</b>			
<b>Pork Loin w/Rosemary</b> Mushroom Sage Gravy Orzo+Butternut Squash / Garlic-Herb Carrots	<b>Beef Chili Colorado</b> Mexican Brown Rice & Beans Garden Mixed Veg	<b>BBQ Chix Drumstick</b> Baked Beans w/Kale Brown Rice Pilaf / Garden Mixed Veg	<b>Mediterranean Turkey Burger</b> Artichoke Cream Sauce Lentil w/Veggies / Broccoli-Cauliflower			
<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>	<b>RENAL</b>			
<b>Pork Loin w/Rosemary</b> Mushroom Sage Gravy Orzo+Butternut Squash / Carrot & Green Beans	<b>Beef Chili Colorado</b> Garlic Confit Mexican Brown Rice & Beans / Broccoli	<b>Turkey Stuffed Pepper</b> Chipotle Chili Gravy White Rice w/Herbs / Broccoli	<b>Blackened Chicken Br</b> Artichoke Spinach Sauce White Egg Noodle / Green Beans			
<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>	<b>BLAND</b>			
<b>Roasted Pork Loin</b> Apple Raisin Sauce Orzo & 'Shrm Pilaf / Carrot & Green Beans	<b>Chicken Breast / Alfredo Sauce</b> Butternut Squash & Potato Puree	<b>Turkey-stuff Mushroom</b> Bechamel Sauce White Egg Noodle / Garden Mixed Veg	<b>S22 BLAND Chicken</b> Orzo Carrot & Green Beans			
<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>			
<b>Tempeh, Bullion</b> Mushroom Sage Gravy Orzo+Butternut Squash / Green Beans	<b>Barley Red Bean Burger</b> Chipotle Chili Gravy Wheat Berry Pilaf / Brussel Sprouts	<b>Spinach Frittata</b> Brown Rice Pilaf Garden Mixed Veg	<b>Tempeh Cauli Patty</b> Artichoke Cream Sauce Whole Wheat Rotini / Broccoli-Cauliflower			

Healthy Snacks	What makes it a Super Snack?
 <p>An apple with 2 tablespoons of peanut butter</p>	<ul style="list-style-type: none"> <li>Fiber: lowers cholesterol &amp; keeps you full and satisfied</li> <li>Healthy fat keeps you full and satisfied longer</li> <li>No refrigeration required</li> <li>Includes 1 of your 5 fruits &amp; vegetables for the day</li> </ul>
 <p>Plain, low-fat yogurt with fresh or frozen berries &amp; a drizzle of honey.</p>	<ul style="list-style-type: none"> <li>Protein for long lasting energy and strong muscles</li> <li>Calcium for strong bones and teeth</li> <li>Vitamin C</li> <li>Fiber</li> </ul>
 <p>Celery and carrot sticks with 2 tablespoons of hummus</p>	<ul style="list-style-type: none"> <li>Plant based protein with unsaturated fat keeps you full longer</li> <li>A great source of fiber, iron, magnesium and selenium</li> <li>Vitamin C for your immune system</li> <li>Vitamin A for eye health</li> </ul>
 <p>Whole grain toast with Tuna salad and sliced tomato</p>	<ul style="list-style-type: none"> <li>B Vitamins for energy production</li> <li>Magnesium for energy production and muscle health</li> <li>Selenium for brain, skin and hair health</li> <li>A great source of protein and fiber</li> <li>Calcium and phosphorus for strong bones and teeth</li> </ul>
 <p>Whole grain crackers with peanut butter and sliced banana</p>	<ul style="list-style-type: none"> <li>Potassium for heart and muscle health</li> <li>A good source of B vitamins, magnesium, and selenium</li> <li>A good source of fiber and protein</li> </ul>