Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Number				1-Dec
		NUTRITIC	on for ivianaging Dia	betes: A Balanced A	pproacn	WELLNESS
Decem	har 2024	Tina Guadan Fogall, Dietetic Intern at Proj	iect Open Hand			Garlic & Herb Chicken Breast
Decem	ber 2024	Managing diabetes is compl	ex, but understanding nutrition can be a pow	werful tool to make it more manageable. Wh	nen balanced and mindful,	Creamy Basil Sauce Barley w/Mushrooms
		your diet can help you main	tain stable blood sugar levels, boost your en	nergy, and reduce the risk of diabetes-related	complications. Here are	Capri Mixed Vegetables
	N /	some key principles that car	n empower you to manage diabetes through	nutrition.		VEGETARIAN
weine	ess Menu	1. Balanced Meals				Split Pea, Tempeh & Cauliflower Patt
		variety of foods you can er	ijoy. Whole grains, vegetables, fruits, legume	/ blood sugar levels. It's not about what you of es/pulses, and nuts are excellent choices. Air getables, and the remaining quarter with lea	n to fill half your plate	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
0				/hole foods such as whole-wheat bread, brow		BLAND Roasted Chicken Breast
Project Open Hand		potatoes release glucose s blood sugar quickly. Howe resistant starch. Resistant	Creamy Tofu Mushroom & Zuccini White Macaroni			
	meals with love	be potato salad.				ESR
	means with love	3. Consider Portion Sizes				Garlic & Herb Chicken Breast
		guide is to use your hand:	a closed fist for carbs such as pasta or rice, a	n lead to elevated blood sugar levels if consu palm-sized portion for protein such as chick		Creamy Basil Sauce Barley w/Mushrooms
			as salad dressing or mayonnaise.			Capri Mixed Vegetables
		4. Limit Added Sugars and Reducing added sugars and		lood sugar levels. Try to choose food and dri	nks with minimally added	CK3
						Split Pea, Tempeh & Cauliflower Patt
Want to learn more about managing your		sugar or those that are sug	ar-free. Water is always the best choice for h	hydration!		Creamy Basil Sauce Barley w/Mushrooms
Want to learn more about managing your diabetes? Visit <u>https://diabetes.org/</u>		sugar or those that are sug By following these nutritio	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma		levels and enjoy a	Creamy Basil Sauce
	3-Dec	sugar or those that are sug By following these nutritio	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma	hydration! aintain better control over their blood sugar	levels and enjoy a	Creamy Basil Sauce Barley w/Mushrooms
diabetes? Visit <u>https://diabetes.org/</u>	3-Dec WELLNESS	sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always</i>	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma consult a healthcare provider or a registered	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan	levels and enjoy a ce.	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables
diabetes? Visit <u>https://diabetes.org/</u> 2-Dec		sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always</i> <b>4-Dec</b>	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma consult a healthcare provider or a registered <b>5-Dec</b>	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan <b>6-Dec</b>	levels and enjoy a ce. 7-Dec	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens	sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always of</i> <b>4-Dec</b> <b>WELLNESS</b> <b>Pork &amp; Black Bean Mole</b> Quinoa	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma consult a healthcare provider or a registered 5-Dec WELLNESS Baked Salmon Orange Tofu & Edamame	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff	WELLNESS Rosemary Chicken Thigh	sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always of</i> <b>4-Dec</b> <b>WELLNESS</b> <b>Pork &amp; Black Bean Mole</b>	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma consult a healthcare provider or a registered 5-Dec WELLNESS Baked Salmon	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens	sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always of</i> <b>4-Dec</b> <b>WELLNESS</b> <b>Pork &amp; Black Bean Mole</b> Quinoa	ar-free. Water is always the best choice for h n principles, individuals with diabetes can ma consult a healthcare provider or a registered 5-Dec WELLNESS Baked Salmon Orange Tofu & Edamame Brown Rice	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom	sugar or those that are sug By following these nutritio healthier lifestyle. <i>Always</i> <b>4-Dec</b> <b>WELLNESS</b> <b>Pork &amp; Black Bean Mole</b> Quinoa Broccoli	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can matconsult a healthcare provider or a registered <b>5-Dec WELLNESS Baked Salmon</b> Orange Tofu & Edamame Brown Rice Brussel Sprouts	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts
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diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa, Edamane & Greens	sugar or those that are sug By following these nutritio healthier lifestyle. Always 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can matconsult a healthcare provider or a registered 5-Dec VELLNESS Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts VEGETARIAN Orange Tofu & Edamame	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini
diabetes? Visit https://diabetes.org/	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa, Edamane & Greens Peas	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can material to a healthcare provider or a registered <b>5-Dec</b> WELLNESS           Baked Salmon           Orange Tofu & Edamame           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa, Edamane & Greens Peas BLAND	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can material to a healthcare provider or a registered <b>5-Dec</b> Second	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND
diabetes? Visit https://diabetes.org/	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa, Edamane & Greens Peas BLAND Roasted Chicken Breast	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can maconsult a healthcare provider or a registered <b>5-Dec</b> WELLNESS           Baked Salmon           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           BLAND           Baked Salmon	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND Beef Fricassee w/Tofu Orzo	WELLNESS Rosemary Chicken Thigh Quinoa, Edamane & Greens White Bean & Spinach Ragout VEGETARIAN Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa, Edamane & Greens Peas BLAND Roasted Chicken Breast Roasted Carrot Ricotta Herb Sauce	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can matconsult a healthcare provider or a registered <b>5-Dec</b> WELLNESS           Baked Salmon           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           Creamy Dill Sauce	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs
diabetes? Visit https://diabetes.org/	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can matconsult a healthcare provider or a registered <b>5-Dec</b> Second	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew
diabetes? Visit https://diabetes.org/         2-Dec         WELLNESS         Beef Stroganoff         Whole Wheat Rotini Broccoli         VEGETARIAN         Tofu Stroganoff         Whole Wheat Rotini Broccoli         BLAND         BLAND         Drzo         Orzo         Carrots & Green Beans	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Orzo & Herb Pilaf         Zucchini	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can maconsult a healthcare provider or a registered <b>5-Dec</b> Second S	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans	levels and enjoy a ce. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs Green Beans
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diabetes? Visit https://diabetes.org/	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can maconsult a healthcare provider or a registered <b>5-Dec</b> Second S	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec 8-Dec 8-Dec 9-2000 8-Dec 9-2000 9
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND Beef Fricassee w/Tofu Orzo Carrots & Green Beans ESR Beef Stroganoff White Macaroni	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh         Roasted Carrot Ricotta Herb Sauce	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole Quinoa	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can maconsult a healthcare provider or a registered <b>5-Dec</b> Second S	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini White Macaroni	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew Brown Rice	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs Green Beans ESR Garlic & Herb Chicken Breast Paprikash Sauce
diabetes? Visit https://diabetes.org/	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can maconsult a healthcare provider or a registered <b>5-Dec</b> Second S	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec 8-Dec 8-Dec 9-2000 8-Dec 9-2000 9
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND Beef Fricassee w/Tofu Orzo Carrots & Green Beans ESR Beef Stroganoff White Macaroni	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh         Roasted Carrot Ricotta Herb Sauce         Orzo % Herb Pilaf         Zucchini       ESR         Yogurt Herb Chicken Thigh         Roasted Carrot Ricotta Herb Sauce         Orzo %       Orzo % Detter Thigh	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole Quinoa	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can material and the althcare provider or a registered <b>5-Dec</b> WELLNESS           Baked Salmon           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           Bland           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           Baked Salmon           Creamy Dill Sauce           White Macaroni           Creamy Dill Sauce           White Macaroni           Creamy Dill Sauce           White Macaroni	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini White Macaroni	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew Brown Rice	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs Green Beans ESR Garlic & Herb Chicken Breast Paprikash Sauce Whole Wheat Rotini
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND Beef Fricassee w/Tofu Orzo Carrots & Green Beans ESR Beef Stroganoff White Macaroni Broccoli CK3 Tofu Stroganoff	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh         Roasted Carrot Ricotta Herb Sauce         Orzo         Carrots & Green Beans         CK3         Balsamic Portabello Mushroom	sugar or those that are sug By following these nutritio healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole Quinoa Broccoli CK3 Pork & Black Bean Mole	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can material and the althcare provider or a registered <b>5-Dec</b> WELLNESS           Baked Salmon           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           VEGETARIAN           Orange Tofu & Edamame           Brown Rice           Brussel Sprouts           BLAND           Baked Salmon           Creamy Dill Sauce           White Macaroni           Capri Mixed Vegetables           ESR           Baked Salmon           Creamy Dill Sauce           White Macaroni           Capri Mixed Vegetables           ESR           Baked Salmon           Creamy Dill Sauce           White Macaroni           Capri Mixed Vegetables           CK3           Salmon Fish Cake	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini White Macaroni Broccoli CK3 Vegetable Ranchero Stew	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew Brown Rice Carrots CK3 Tempeh Cauli Chickpea Patty	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables 8-Dec WELLNESS Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts VEGETARIAN Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs Green Beans ESR Garlic & Herb Chicken Breast Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables Crean Beans
diabetes? Visit https://diabetes.org/ 2-Dec WELLNESS Beef Stroganoff Whole Wheat Rotini Broccoli VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli BLAND Beef Fricassee w/Tofu Orzo Carrots & Green Beans ESR Beef Stroganoff White Macaroni Broccoli	WELLNESS         Rosemary Chicken Thigh         Quinoa, Edamane & Greens         White Bean & Spinach Ragout         VEGETARIAN         Balsamic Portabello Mushroom         White Bean & Spinach Ragout         Quinoa, Edamane & Greens         Peas         BLAND         Roasted Chicken Breast         Roasted Carrot Ricotta Herb Sauce         Orzo & Herb Pilaf         Zucchini         ESR         Yogurt Herb Chicken Thigh         Roasted Carrot Ricotta Herb Sauce         Orzo         Carrots & Green Beans         CK3	Sugar or those that are sugar By following these nutrition healthier lifestyle. Always of 4-Dec WELLNESS Pork & Black Bean Mole Quinoa Broccoli VEGETARIAN Roasted Baharat Tofu Red Bean & Veg Masala Quinoa Broccoli BLAND Pork Potato & Herb Stew White Rice Roasted Sweet Potatoes ESR Pork & Black Bean Mole Quinoa Broccoli ESR Pork & Black Bean Mole Quinoa Broccoli	ar-free. Water is always the best choice for here is a principles, individuals with diabetes can material and the althcare provider or a registered of 5-Dec Sec Sec Sec Sec Sec Sec Sec Sec Sec S	hydration! aintain better control over their blood sugar dietitian for personalized advice and guidan 6-Dec WELLNESS Turkey Tetrazzini Whole Wheat Rotini Broccoli VEGETARIAN Vegetable Ranchero Stew Brown Rice Broccoli BLAND Turkey Tofu & Veg Frittata Orzo & Herb Pilaf Green Beans ESR Turkey Tetrazzini White Macaroni Broccoli	levels and enjoy a cc. 7-Dec WELLNESS Chicken Fajita Stew Brown Rice Carrots VEGETARIAN Tempeh Cauli Chickpea Patty Pumpkin Puree w/ Veg Whole Wheat Rotini Peas & Carrots BLAND Yogurt Herb Chicken Breast Butternut Squash Puree w/Veg White Macaroni ESR Chicken Fajita Stew Brown Rice Carrots	Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables <b>8-Dec</b> <b>WELLNESS</b> Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts <b>VEGETARIAN</b> Tofu Sweet Potato Creole Hash Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables BLAND Chicken Stew White Rice w/ Herbs Green Beans ESR Garlic & Herb Chicken Breast Paprikash Sauce Whole Wheat Rotini Garden Mixed Vegetables Creen Beans

9-Dec					
	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Barley Stew	Mustard Glazed Chicken Thigh	Chicken, Broccoli & Cheddar	Cod Filet	Chipolte Beef & Turkey Meatloaf	Pork & Barley Stew
Roasted Sweet Potatoes	Brown Rice	Whole Wheat Rotini	Macanese Curry	Red Mole Sauce	Roasted Sweet Potatoes
	Veggie Ragout		Quinoa Brown Rice	Quinoa Brown Rice	
				Garden Mixed Vegetables	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Barley Red Bean Burger	Whole Wheat Lasagna Vegetable Medley	Roasted Tofu Baharat	Curried Tofu	Black Bean Chili Patty	Enchilada Casserole Tofu Black
					Bean
Parsley Cilantro Sauce	Veggie Ragout	Green Herb Tahini	Macanese Curry	Red Mole Sauce	Enchilada Sauce
Brown Rice	Peas	Whole Wheat Rotini	Herbed Bulgar	Brown Rice	Peas & Carrots
Broccoli		Veg & Kidney Bean Saute		Garden Mixed Vegetables	
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Rosemary Potato	Tuna & Vegetable Frittata	Turkey Stuffed Mushroom	Cod Filet	Turkey & Eggplant Torta	Pork Stew w/ Raisins
Stew					
Orzo	White Macaroni	Bechamel Sauce	Tofu Stew	White Rice w/ Herbs	White Rice Pilaf
Garden Mixed Vegetables	Green Beans	Orzo & Herb Pilaf	Macaroni	Zucchini	Capri Mixed Vegetables
0		Capri Mixed Vegetables	Zucchini		
ESR	ESR	ESR	ESR	ESR	ESR
Beef Rosemary Potato Stew	Mustard Glazed Chicken Thigh	Chicken, Broccoli & Cheddar	Cod Filet	Chipolte Beef & Turkey Meatloaf	Pork & Barley Stew
Loor Recomary Foldto Olew	mastara chazoa omonen ringi	entenen, Brooten a Oneduar	oou met	emperte Boer a Farney meatoar	i cin a barley otew
White Rice	Veggie Ragout	Whole Wheat Rotini	Tofu Stew	Red Mole Sauce	Peas & Carrots
Peas & Carrots	Brown Rice	whole wheat Round	White Macaroni	White Rice	
reas & Canols	BIOWIT RICE				
0//0	0//0	01/0	01/0	Garden Mixed Vegetables	01/0
СКЗ	СКЗ	CK3	CK3	СКЗ	CK3
Barley Red Bean Burger	Whole Wheat Lasagna Vegetable Medley	Chicken, Broccoli & Cheddar	Curried Tofu	Black Bean Chili Patty	Tofu Sweet Potato Creole Hash
Parsley Cilantro Sauce	Green Beans	White Macaroni	Macanese Curry	Red Mole Sauce	Guajillo Chile Red Sauce
White Rice		Brussel Sprouts & Carrots	Herbed Bulgar	White Rice	White Rice
Brussel Sprouts				Garden Mixed Vegetables	
		Cauliflower		Green Beans	
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Birria	Roasted Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	Turkey Patty	Chicken Tinga
Brown Rice	Brown Rice	Quinoa Brown Rice	Whole Wheat Rotini	Green Curry Sauce	Brown Rice
Carrots	Chipotle Chili Gravy	Cauliflower	Artichoke Spinach Ragout	Quinoa Brown Rice	Garden Mixed Vegetables
					Garden wixed vegetables
	<b>•</b> • • •				Galden Mixed vegetables
	Succotash			Carrots	
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	Carrots VEGETARIAN	VEGETARIAN
VEGETARIAN Tempeh Picadillo		VEGETARIAN Southwest Tofu	VEGETARIAN Blackened Tempeh Sticks	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom &	
Tempeh Picadillo	VEGETARIAN Black Bean Chili Patty	Southwest Tofu	Blackened Tempeh Sticks	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg	VEGETARIAN
	VEGETARIAN			VEGETARIAN Whole Wheat Lasagna Tofu Mushroom &	VEGETARIAN
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy	Southwest Tofu Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce	VEGETARIAN Southwest Tempeh Jambalaya Stew
Tempeh Picadillo	VEGETARIAN Black Bean Chili Patty	Southwest Tofu	Blackened Tempeh Sticks	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg	VEGETARIAN Southwest Tempeh
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy	Southwest Tofu Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce	VEGETARIAN Southwest Tempeh Jambalaya Stew
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice	Southwest Tofu Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce	VEGETARIAN Southwest Tempeh Jambalaya Stew
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND Beef Tofu Hash	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND Beef Tofu Hash White Rice w/ Herbs	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND Beef Tofu Hash	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND Beef Tofu Hash White Rice w/ Herbs Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs         Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans BLAND Beef Tofu Hash White Rice w/ Herbs Green Beans ESR Beef Tofu Hash	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs Green Beans         ESR         Beef Tofu Hash	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Bleef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Bteef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce         White Rice w/ Herbs	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Bleef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce         White Rice w/ Herbs	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Beef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce         White Rice w/ Herbs         Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash CK3	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice Garden Mixed Vegetables
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BlAND         Beef Tofu Hash         White Rice w/ Herbs Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed Jalapeno Sauce         White Rice w/ Herbs Green Beans         White Rice w/ Herbs Cilantro Pumpkin Seed Jalapeno Sauce         White Rice w/ Herbs Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini CK3	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice Garden Mixed Vegetables
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Blef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce         White Rice w/ Herbs         Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash CK3	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini CK3	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice Garden Mixed Vegetables
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         Blef Tofu Hash         White Rice w/ Herbs         Green Beans         ESR         Beef Tofu Hash         Cilantro Pumpkin Seed         Jalapeno Sauce         White Rice w/ Herbs         Green Beans	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash CK3	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini CK3	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice Garden Mixed Vegetables
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs Green Beans         Beef Tofu Hash         Cilantro Pumpkin Seed Jalapeno Sauce         White Rice w/ Herbs Green Beans         White Rice w/ Herbs Green Beans         Beef Tofu Hash         Cilantro Pumpkin Seed Jalapeno Sauce         Beef Birria         Beef Birria	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash CK3 Black Bean Chili Patty Chipotle Chili Gravy	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots White Rice w/ Herbs Carrots Carlot Cauliflower Cauliflower Cauliflower CK3 Southwest Tofu	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini CK3 Salmon Fish Cake	VEGETARIAN         Whole Wheat Lasagna Tofu Mushroom & Veg         Marinara Sauce         Carrots         BLAND         Turkey 'Shrm Ragu         Orzo         Capri Mixed Vegetables         ESR         White Turkey 'Shrm Ragu         Quinoa Brown Rice         Capri Mixed Vegetables         Capri Mixed Vegetables         Marinara Sauce	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash Cricken Tinga Brown Rice Garden Mixed Vegetables CK3 Chicken Tinga Brown Rice
Tempeh Picadillo         Cilantro Pumpkin Seed Jalapeno Sauce         Brown Rice         Green Beans         BLAND         Beef Tofu Hash         White Rice w/ Herbs Green Beans         Beef Tofu Hash         Cilantro Pumpkin Seed Jalapeno Sauce         White Rice w/ Herbs Green Beans         Cilantro Pumpkin Seed Jalapeno Sauce         White Rice w/ Herbs Green Beans         Beef Birria	VEGETARIAN Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash BLAND Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini ESR Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash CK3 Black Bean Chili Patty	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash BLAND Continental Pork Stew White Rice w/ Herbs Carrots ESR Pork & Chickpea Stew Quinoa Brown Rice Cauliflower Cauliflower	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout BLAND Baked Salmon Tofu Fricassee Orzo ESR Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini CK3 Salmon Fish Cake Artichoke Spinach & Tomato	VEGETARIAN Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots BLAND BLAND Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables ESR White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	VEGETARIAN Southwest Tempeh Jambalaya Stew Brown Rice BLAND Turkey Picadillo Orzo & Herb Pilaf Butternut Squash ESR Chicken Tinga Brown Rice Garden Mixed Vegetables CK3 Chicken Tinga

15-Dec WELLNESS

**Balsamic Chicken Breast** Broccoli Pesto

Whole Wheat Rotini

Root Vegetables

VEGETARIAN Balsamic Portabello Mushroom

Lentil-Tempeh Sloppy Joe

Whole Wheat Rotini

Root Vegetables

BLAND **Roasted Chicken Breast** 

> Lite Alfredo Sauce White Macaroni Butternut Squash ESR

**Balsamic Chicken Breast** 

Broccoli Pesto Whole Wheat Rotini Root Vegetables CK3

Lentil-Tempeh Sloppy Joe

Whole Wheat Rotini Brussel Sprouts

WELLNESS Yogurt Herb Chicken Breast Barley & Vegetables

22-Dec

Cacciatore Sauce

VEGETARIAN Tempeh Cauli Chickpea Patty

**Cacciatore Sauce** 

Barley & Vegetables

Green Beans

BLAND Chicken & Sweet Potato Chowder

> Orzo & Herb Pilaf Green Beans

ESR Yogurt Herb Chicken Breast Barley & Vegetables

Cacciatore Sauce

CK3 Chicken & Sweet Potato Chowder

Barley & Vegetables

Green Beans

23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Broccoli Sichuan	Cumin Spiced Chicken Thigh	Smoky Chicken & Lentil Stew	Cod Filet	Beef & Turkey Bolognese	Pork, White Bean & Artichoke Stew	Garlic & Ginger Chicken Breast
		•			,	-
Brown Rice	Quinoa Brown Rice	Brown Rice	Parsley Cilantro Sauce	Whole Wheat Macaroni	Brown Rice	Sweet & Sour Sauce
Carrots	Tikka Masala	Garden Mixed Vegetables	Whole Wheat Rotini	Broccoli	Carrots	Veggie Fried Brown Rice
	Carrots VEGETARIAN	VEGETARIAN	Lentil & Tomato Ragout VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Teriyaki Black Bean Burger	Roasted Savory Tempeh	Roasted Five-Spice Tofu	Artichoke Spinach & Tofu Frittata	Tempeh Burrito Casserole	Southwest Tofu	Tempeh Veg & Bean Chili
Teriyaki Diack Deali Durgei	Roasteu Savory Tempen	Roasted Five-Spice Tota	Antonoke Spinach & Tolu Fillala	Tempen Burnto Casserole	Southwest for	rempen veg a bean chin
Teriyaki Sauce	Tikka Masala	Asian Veg Sichuan Stirfry	Lentil & Tomato Ragout	Broccoli	Cajun Tofu w/ Red Beans	Quinoa Brown Rice
Brown Rice	Quinoa Brown Rice	Brown Rice	Whole Wheat Rotini		Brown Rice	Herbed Corn & Edamame
Broccoli	Carrots				Carrots	
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tempeh Lasagna	Tempeh Tuna Cake	Yogurt Herb Chicken Breast	Cod Filet	Roasted Turkey Breast	Pork Rosemary Stew	Chicken Eggplant Stew
Capri Mixed Vegetables	Creamy Dill Sauce	Basil Pesto Sauce	Tempeh & Zucchini	Lite Alfredo Mushroom Sauce	Orzo Pilaf 'Shrm	Orzo
	White Rice	Orzo & Herb Pilaf	White Macaroni	White Macaroni	Capri Mixed Vegetables	Green Beans
505	Green Beans	Carrots & Green Beans	Carrots	Carrots & Green Beans	505	505
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef & Broccoli Sichuan Brown Rice	Cumin Spiced Chicken Thigh Tikka Masala Sauce	Smoky Chicken & Lentil Stew Brown Rice	Cod Filet Lentil & Tomato Ragout	Turkey Patty Bechamel Sauce	Pork & Artichoke Stew Brown Rice	Garlic & Herb Chicken Breast Sweet & Sour Sauce
Committee		7		\A/L:4_ NA===. *	0	
Carrots	Quinoa Brown Rice	Zucchini	Whole Wheat Rotini	White Macaroni	Carrots	Quinoa Brown Rice
	Green Beans			Green Beans		Herbed Corn & Edamame
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Teriyaki Black Bean Burger	Roasted Savory Tempeh	Roasted Five-Spice Tofu	Tempeh Tuna Cake	Beef & Turkey Bolognese	Cajun Tofu w/ Red Beans	Chicken Eggplant Stew
Teriyaki Sauce	Tikka Masala Sauce	Asian Veg Sichuan Stirfry	Lentil & Tomato Ragout	White Macaroni	Quinoa, Edamane & Greens	Orzo
White Rice Zucchini	White Rice Carrots	Brown Rice	White Macaroni	Green Beans	Succotash	Succotash
<b>30-Dec</b>	31-Dec		1		1	
WELLNESS	WELLNESS					
Beef Chili Colorado	Chicken Thigh					
Brown Rice	Salsa Verde					
Broccoli & Cauliflower	Brown Rice					
	Roasted Sweet Potatoes					
VEGETARIAN Rustic Lentil Tofu Bolognese	VEGETARIAN Roasted Savory Tempeh					
Whole Wheat Rotini	White Bean & Vegetable Stew					
Garden Mixed Vegetables	Brown Rice					
	Peas and Carrots					
BLAND	BLAND					
Beef & Mushroom Stroganoff	Roasted Chicken Breast					
White Macaroni Green Beans	Basil Pesto Sauce White Rice					
	Roasted Sweet Potatoes					
ESR	ESR					
Beef Chili Colorado	Roasted Chicken Breast					
Brown Rice	Tomatillo Cream Sauce					
Broccoli & Cauliflower	White Rice					
	Peas & Carrots					
СКЗ	CK3				<b>N</b> (1)	D
Beef & Mushroom Stroganoff	Turkey Patty				de	Project Open Hand meals with love
						meals with love
White Macaroni	Tomatillo Cream Sauce					
White Macaroni	Tomatillo Cream Sauce					
White Macaroni Garden Mixed Vegetables	Tomatillo Cream Sauce White Rice Roasted Sweet Potatoes					

