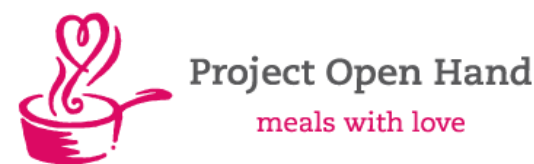


NOVEMBER 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1-Nov WELLNESS	2-Nov WELLNESS	3-Nov WELLNESS	4-Nov WELLNESS	5-Nov WELLNESS	6-Nov WELLNESS
	Chicken Breast Creamy Tomato Sauce Wild Rice Pilaf Corn w/Mushrooms	BBQ Chicken Stew Vegetable Fried Rice Broccoli	Moroccan Beef Stew Brown Rice Pilaf Broccoli-Cauliflower	Chicken Drumstick Lemon Caper Sauce Brown Rice Pilaf Artichoke Provencal	Meatloaf Florentine Blk Pepper Parmesam Sauce Squash Kale Quinoa Garden Mixed Veg	Baked Salmon Basil Garlic Bulgur Caponata Vegetables
	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
	Balsamic Pork Cutlet Creamy Tomato Sauce Wild Rice Pilaf Corn w/Mushrooms	BBQ Chicken Stew Vegetable Fried Rice Broccoli	Moroccan Beef Stew Couscous w/Feta Broccoli-Cauliflower	Cod Filet Lemon Caper Sauce Orzo Artichoke Provencal	Meatloaf Florentine Blk Pepper Parmesam Sauce Parsnip&SweetPotato Cauliflower	Tempeh Tuna Cake Caponata Vegetables Orzo Pilaf w/Peas
	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
	Beef Herb Stew White Rice Pilaf Green Beans	Chicken Stew White Rice w/Herbs Yellow Zucchini	Turkey Patty Bechamel Sauce Mashed Parsnips Capri Mixed Veg	Cod Filet Herb Sauce Orzo Mushroom Eggplant Saute	Yogurt Herb Chicken Basil Pesto Sauce White Rice Pilaf Capri Mixed Veg	Tempeh Tuna Cake Herb Sauce Orzo Capri Mixed Veg
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	Tempeh Cauli Patty Creamy Tomato Sauce Wild Rice Pilaf Green Beans	Tofu Mushroom Adobo Vegetable Fried Rice Broccoli	Zucchini & Pepper Frittata Couscous w/Feta Broccoli-Cauliflower	Tempeh Meatballs Artichoke Provencal Whole Wheat Rotini Green Beans	White Bean Spinach Casserole Garden Mixed Veg	Tempeh-Tofu Loaf Orzo Pilaf w/Peas Caponata Vegetables
	7-Nov WELLNESS	8-Nov WELLNESS	9-Nov WELLNESS	10-Nov WELLNESS	11-Nov WELLNESS	12-Nov WELLNESS
	Chicken Breast Ginger BBQ Sauce Turmeric Brown Rice OrangeTofu & Edamame	Chicken Casserole Red Pepper Sauce Whole Wheat Rotini	Baked Salmon Black Bean Sauce Pineapple Brown Rice Capri Mixed Veg	Pork & Chickpea Stew Spanish Brown Rice Carrot & Green Beans	Beef Bourguignon Squash Kale Quinoa Garden Mixed Veg	Turkey Breast Mushroom & Herb Sauce Garlic Wild Rice
	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
	Cod Filet White Rice w/Herbs OrangeTofu & Edamame	Chicken Breast Red Pepper Sauce White Rice w/Herbs Garden Mixed Veg	Citrus Chicken Breast Bell Pepper Relish Pineapple Brown Rice Green Beans	Pork & Chickpea Stew Spanish Brown Rice Broccoli	Roasted Pork Loin Garden Veg Chili Brown Rice Brussel Sprouts	Balsamic Chicken Breast Mushroom & Herb Sauce White Rice Broccoli
	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
	Cod Filet Vegetable Fricassee White Egg Noodle Green Beans	Chicken Breast Cream of Celery Sauce Orzo & 'Shrm Pilaf Garden Mixed Veg	Cod Filet Zucchini & Tofu Pasta Carrot & Green Beans	Pork Stew, Continent White Egg Noodle Capri Mixed Veg	Roasted Pork Loin Carrot Ricotta Sauce White Egg Noodle Garden Mixed Veg	Turkey Eggplant Torta White Rice Green Beans
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
	Vegetarian Ranchero Stew Turmeric Brown Rice Broccoli	Baharat Tempeh Cauli-Lentil Tagine Brown Rice Pilaf	Tofu Egg Foo Young Bell Pepper Relish Pineapple Brown Rice Green Beans	Jalapeno Popper Frittata Pumpkin Seed Sauce Spanish Brown Rice Peas	Southwest Tofu Garden Veg Chili Brown Rice	Balsamic Portabello Bean & Peppers Saute Garlic Wild Rice
	14-Nov WELLNESS	15-Nov WELLNESS	16-Nov WELLNESS	17-Nov WELLNESS	18-Nov WELLNESS	19-Nov WELLNESS
	White Fish Cakes Caper-Dill Sauce Brown Rice Pilaf Root Veg Hash	Dijon Pork Cutlet Marsala Sauce Brown Rice Pilaf Mashed Potatoes Carrot & Green Beans	Chicken-Lentil Stew Whole Wheat Rotini Garlic-Herb Carrots	Spiced Chicken Thigh Salsa Verde Brown Rice w/Beans Spicy Green Beans	Turkey Tetrazzini Whole Wheat Rotini Br.Sprouts & Carrots	Beef Stroganoff Whole Wheat Rotini Garden Mixed Veg
	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
	White Fish Cakes Caper-Dill Sauce Orzo Br.Sprouts & Carrots	Dijon Pork Cutlet Marsala Sauce White Egg Noodle Carrot & Green Beans	Beef Stroganoff Whole Wheat Rotini Brussel Sprouts	Jalapeno Popper Frittata Pumpkin Seed Sauce White Rice Capri Mixed Veg	Turkey Tetrazzini Whole Wheat Rotini Br.Sprouts & Carrots	Tempeh Lasagna Broccoli
						Turkey Patty Puttanesca Sauce Whole Wheat Rotini GreenBeans & Peppers



Project Open Hand
meals with love

NOVEMBER 2022 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Turkey & Veg Frittata White Rice Green Beans	Cod Filet Vegetable Fricassee Orzo Capri Mixed Veg	Chicken Breast Potato Cream Sauce Orzo & 'Shrm Pilaf Yellow Zucchini	Turkey Patty ShroomAlfredo Sauce White Egg Noodle Capri Mixed Veg	BeefFricassee w/Tofu White Rice w/Herbs Green Beans	Chicken Casserole Carrots	Roasted Pork Loin Creamy Dill Sauce Orzo Capri Mixed Veg
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Spinach Frittata Quinoa,Feta & Chickpea Brussel Sprouts	Tomato Eggplant Bake Spinach Pepper Polenta Carrot & Green Beans	Spiced Tempeh Cake Sweet Potato Chipotle Quinoa Pilaf Brussel Sprouts	Tofu Sweet Potato Hash Pumpkin Seed Sauce Brown Rice Spicy Green Beans	Lentil Casserole Brussel Sprouts	Tempeh Lasagna Peas	Quinoa Caprese Bake Green Beans & Peppers
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
Pork Loin w/Rosemary Mushroom Sage Gravy Brown Rice Pilaf Garlic-Herb Carrots	Beef Chili Colorado Mexican Brown Rice & Beans Garden Mixed Veg	BBQ Chix Drumstick Baked Beans w/Kale Brown Rice Pilaf Garden Mixed Veg	Mediterranean Turkey Burger Artichoke CreamSauce Wild Rice Pilaf Broccoli-Cauliflower	Baked Salmon Squash Kale Quinoa Moroccan Tagine	Sage Chicken Thigh Cacciatore Sauce Mushroom Barley Pilaf Broccoli-Cauliflower	TurkeySalisburySteak Mushroom Sage Gravy Brown Rice Pilaf Winter Vegetables
RENAL	RENAL	RENAL	RENAL	RENAL	RENAL	RENAL
Pork Loin w/Rosemary Mushroom Sage Gravy Orzo+Butternut Squash Carrot & Green Beans	Beef Chili Colorado Garlic Confit Mexican Brown Rice & Beans Broccoli	Turkey-Stuffed Pepper Chipotle Chili Gravy White Rice w/Herbs Broccoli	Blackened Chicken Breast Artichoke Spinach Sauce White Egg Noodle Green Beans	Baked Salmon Orzo Moroccan Tagine	Vegetarian Mu Shu Tofu Brown Rice Green Beans	Turkey Lasagna Peas & Carrots
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Roasted Pork Loin Apple Raisin Sauce Orzo & 'Shrm Pilaf Carrot & Green Beans	Chicken Breast Alfredo Sauce Squash Potato Puree Carrots	Turkey-Stuffed 'Shrm Bechamel Sauce White Egg Noodle Garden Mixed Veg	Chicken Eggplant Stew Orzo Carrot & Green Beans	Baked Salmon Basil Pesto Sauce Orzo & 'Shrm Pilaf Capri Mixed Veg	Beef Stew White Egg Noodle Yellow Zucchini	White Turkey Lasagna Green Beans
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Savory Bullion Tempeh Mushroom Sage Gravy Orzo & Butternut Squash Green Beans	Barley Red Bean Burger Chipotle Chili Gravy Wheat Berry Pilaf Brussel Sprouts	Spinach Frittata Brown Rice Pilaf Garden Mixed Veg	Tempeh Cauli Patty Artichoke CreamSauce Whole Wheat Rotini Broccoli-Cauliflower	Blackened Tofu Squash Kale Quinoa Lentil w/Veggies	Vegetarian Mu Shu Tofu Brown Rice Broccoli-Cauliflower	Lentil Tofu Bolognese Garlic Confit Whole Wheat Rotini Spicy Green Beans
28-Nov	29-Nov	30-Nov	Are artificial sweeteners good for diabetes?			
WELLNESS	WELLNESS	WELLNESS				
Baked Salmon Lentil Ragout Quinoa Pilaf Capri Mixed Veg	Mustard Glazed Thigh Chasseur Sauce Wild Rice w/Veggies Root Veg Hash	Beef Artichoke Ragout Herbed Polenta Brussel Sprouts	<p>When thinking of artificial sweeteners, you may think of those packets of Splenda, Sweet'N Low, or Equal at an American diner. Or you may go for diet soda because it does not have sugar or calories, but you may wonder about the artificial sweeteners in it. No matter your relationship to artificial sweeteners, it can be helpful to know the types of artificial sweeteners and their merits!</p> <p>The following artificial sweeteners contain few to no calories but taste sweeter than natural sweeteners like table sugar, fruit juice concentrates, and corn syrups.</p> <p><i>The aforementioned sweeteners will not raise your blood sugar. You may have come across another type of sweetener known as sugar alcohols. Although they technically are not artificial sweeteners, compared to table sugar, they are slightly lower in calories and on average taste less sweet. <i>They do not raise your blood sugar substantially</i> and are found in sugar-free candies, cookies, ice cream, beverages, and chewing gums. Sugar alcohols include sorbitol, xylitol, lactitol, mannitol, erythritol, and maltitol. Do be aware that besides erythritol, sugar alcohols can promote loose stools or diarrhea.</i></p> <p>As a rule of thumb, intake of artificial sweeteners alone will not suddenly raise blood sugar. However, if you end up eating other calorie-dense foods instead, this may still raise your blood sugar. There is also some concern that artificial sweeteners can increase appetite and hunger, and because they taste so sweet, can cause you to have even more of "sweet-tooth."</p> <p>Taking everything into consideration, if you regularly consume sugar-sweetened beverages, diet or artificially-sweetened beverages may be helpful in the <i>short-term</i> to help with blood sugar control.</p>			
RENAL	RENAL	RENAL				
Baked Salmon Lentil Ragout Quinoa Pilaf	Citrus Chicken Breast Cranberry Chutney Quinoa Pilaf Root Veg Hash	Roasted Turkey Breast Artichoke Provencal Whole Wheat Rotini Brussel Sprouts				
BLAND	BLAND	BLAND				
Chicken Breast Carrot Ricotta Sauce White Egg Noodle Mushroom Eggplant Saute	Cod Filet Basil Pesto Sauce Zucchini & Tofu Capri Mixed Veg	Roasted Turkey Breast Mushroom Gravy Mashed Potatoes Yellow Zucchini				
VEGETARIAN	VEGETARIAN	VEGETARIAN				
Tempeh Tamale Pie Peas	Split Pea-Cauli Patty Cranberry Chutney Quinoa Pilaf Broccoli-Cauliflower	Tofu Burger Artichoke Provencal Whole Wheat Rotini Brussel Sprouts				

Artificial Sweetener	Brand Names
Acesulfame-K	Sunett®, Sweet One®
Advantame	No brand names
Aspartame	Equal®, NutraSweet®, Sugar Twin®
Monk Fruit	No brand names
Neotame	Newtame®
Saccharin	Sweet'N Low®, Sweet Twin®, Necta Sweet®
Steviol Glycosides	Truvia®, PureVia®
Sucralose	Splenda®

