













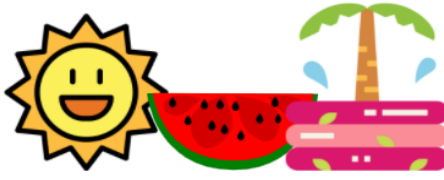


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium</p>	<p>1 Tuna Salad over Greens Mandarin Oranges+ Edamame Wheat Roll</p>	<p>2 Chicken Parmesan over Penne Pasta Peas and Carrots* Spinach*+ Fruit</p>	<p>3 Brown Rice, Black Bean, Chicken Burrito Bowl Corn w/ Red Peppers Broccoli+ Fruit</p>	<p>4 Stir Fry Beef Broccoli & Mushrooms+ Jasmine Rice Fruit</p>
<p>5 Chicken and Vegetable Gumbo on Brown Rice Garden Vegetables Greens Fruit+</p>	<p>6 Pasta Primavera+* With WW Rotini Yams+* Stewed Tomatoes Fruit</p>	<p>7 Breaded Fish Herbed Orzo Carrot Coins* Broccoli+ Fruit</p>	<p>8 Chicken Ranch Salad on Romaine 3-Bean Salad Marinated Tomatoes Fruit+</p>	<p>9 Chicken Cacciatore+ Over Wheat Pasta Peas Cauliflower+ Fruit</p>	<p>10 Sweet & Sour Beef over White Rice Baby Carrots* Green Beans Fruit+</p>	<p>11 Beef and White Bean Ragu with Carrots and Kale+* Wheat Bread Fruit</p>
<p>12 Homestyle Chicken Noodle Soup Whole Wheat Roll Fruit+</p> 	<p>13 6/20 Froz Meal Del Cheesy Pasta Bake Lima Beans Mixed Vegetables Fruit+</p>	<p>14 Beef Chow Mein Broccoli+ Mixed Vegetables*+ Fruit</p>	<p>15 BBQ Pork Riblet Black Beans Broccoli+ Wheat Bread Fruit</p>	<p>16 Chicken Jambalaya White Rice Brussels Sprouts+ Warm Apricots</p>	<p>17 Beef Pot Pie CA Blend Vegetables+* Spiced Peaches</p>	<p>18 Masala Curried Beef Rice Pilaf Collards+ Carrots* Fruit</p>
<p>19 Juneteenth Breaded Chicken with Roasted Garlic Cream Sauce, Kale, Farro w/ Veggies+ Fresh Fruit</p> 	<p>20 Office Closed Vegetarian "Beef" Tagine on Moroccan Couscous Pasta Peas and Carrots Fruit Meal Delivered on 6/13</p>	<p>21 Summer Begins Salisbury Steak Roasted Potatoes Brussels Sprouts+ Wheat Bread Fruit</p>	<p>22 Pork Loin with Mushroom Gravy Brown Rice Mixed Vegetables*+ Zucchini Fruit</p>	<p>23 Chicken Dijon WW Penne Pasta Mixed Veggies*+ Herb Roasted Potatoes Fruit</p>	<p>24 Turkey Burger Herbed Beets Roasted Potatoes Wheat Bun Fresh Fruit</p>	<p>25 Chicken Mole with Spanish Rice Kale+* Black Beans Fruit</p>
<p>26 Mandarin Orange Chicken with Chow Mein Noodles+ Spinach Eastern Mixed Veggies Fruit Cup</p>	<p>27 7/4 Froz Meal Del Southwest Vegetarian Chili Brown Rice Spinach* Fruit+</p>	<p>28 Meat Loaf with Gravy Mashed Potatoes+ Peas and Onions Wheat Bread Fruit</p>	<p>29 Salmon Burger with Tartar Sauce Green Beans Roasted Potatoes Whole Wheat Bun Fruit+</p>	<p>30 Chicken Enchilada Pinto Beans Corn w/Red Peppers* Fresh Fruit+</p>		
<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals – on high for 4- 5 mins</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>Weekend meals are ordered a week in advanced & delivered FROZEN on Thursdays & Fridays</p>	<p>STORAGE: *Cold meals - may be stored in fridge for up to 1-2 days *Frozen meals - may be stored in a freezer for up to 2 weeks</p>			






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		<p>High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium</p>	<p>1 Tu-No Salad over Greens Mandarin Oranges+ Edamame Wheat Roll</p>	<p>2 Eggplant Parmesan over Penne Pasta Peas and Carrots* Spinach*+ Fruit</p>	<p>3 Brown Rice, Black Bean, Plant-Based Chicken Burrito Bowl Corn w/ Red Peppers Broccoli+ Fruit</p>	<p>4 Hearty Minestrone with Pasta+ Spinach* Warm Apricots* Wheat Crackers</p>
<p>5 Macaroni & Cheese Stewed Tomatoes Baby Carrots* Fruit+</p>	<p>6 Pasta Primavera+* With WW Rotini Yams+* Stewed Tomatoes Fruit</p>	<p>7 Veggie Nuggets Herbed Orzo Carrot Coins* Broccoli+ Fruit</p>	<p>8 Plant-Based Chicken Ranch Salad on Romaine 3-Bean Salad Marinated Tomatoes Fruit+</p>	<p>9 Plant-Based Chicken Cacciatore+ Over Wheat Pasta Peas Cauliflower+ Fruit</p>	<p>10 Sweet & Sour Meatless "Beef" over White Rice, Baby Carrots* Green Beans Fruit+</p>	<p>11 Creamy Curried Vegetables over Brown Rice Corn Broccoli+ Fruit</p>
<p>12 Cheese Omelet Capri Veggies* Potatoes Whole Wheat Roll Fruit+</p> 	<p>13 6/20 Froz Meal Del Cheesy Pasta Bake Lima Beans Mixed Vegetables Fruit+</p>	<p>14 Meatless "Beef" Chow Mein Broccoli+ Mixed Vegetables*+ Fruit</p>	<p>15 BBQ Tofu Black Beans Broccoli+ Wheat Bread Fruit</p>	<p>16 Plant-Based Chicken Jambalaya over White Rice Brussel Sprouts+ Warm Apricots</p>	<p>17 Vegetable Pot Pie CA Blend Vegetables+* Spiced Peaches</p>	<p>18 Cheese, Rice, and Bean Burrito California Blend Vegetables Hash Browns Fruit+</p>
<p>19 Juneteenth Holiday Cheese Ravioli with Marinara Sauce Italian Blend Veggies Carrot Coins* Fresh Fruit</p> 	<p>20 Office Closed Vegetarian "Beef" Tagine on Moroccan Couscous Pasta Peas and Carrots Fruit Meal Delivered on 6/13</p>	<p>21 Summer Begins Vegetarian Steak Roasted Potatoes Brussels Sprouts+ Wheat Bread Fruit</p>	<p>22 Tofu Tikka Masala On Brown Rice Mixed Vegetables*+ Zucchini Fruit</p>	<p>23 Plant-Based Chicken Dijon WW Penne Pasta Mixed Veggies*+ Herb Roasted Potatoes Fruit</p>	<p>24 Veggie Burger Herbed Beets Roasted Potatoes Wheat Bun Fresh Fruit</p>	<p>25 Chickpea Casserole with Lemon, Herbs and Shallots Brown Rice Mixed Vegetables Fruit</p>
<p>26 Spaghetti w/ Marinara and Plant-Based Chicken Cauliflower+ Green Beans Fruit Cup</p>	<p>27 7/4 Froz Meal Del Southwest Vegetarian Chili Brown Rice Spinach* Fruit+</p>	<p>28 Vegetarian Beef & Gravy Mashed Potatoes+ Peas and Onions Wheat Bread Fruit</p>	<p>29 Veggie Burger with Tartar Sauce, Green Beans Roasted Potatoes Whole Wheat Bun Fresh Fruit+</p>	<p>30 Cheese Enchilada Pinto Beans Corn w/Red Peppers* Fresh Fruit+</p>		
<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals – on high for 4- 5 mins</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>Weekend meals are ordered a week in advanced & delivered FROZEN on Thursdays & Fridays</p>	<p>STORAGE: *Cold meals - may be stored in fridge for up to 1-2 days *Frozen meals - may be stored in a freezer for up to 2 weeks</p>			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>High Vitamin C+ High Vitamin A* High Sodium<> (>1000) LS=Low Sodium</p>	<p>1 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup</p>	<p>2 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries</p>	<p>3 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+</p>	<p>4 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>
<p>5 Western Omelet Pears Mashed Potatoes Fruit Juice w/C+</p>	<p>6 Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+</p>	<p>7 Chicken Enchilada Corn Broccoli Applesauce</p>	<p>8 Meatloaf Butternut Squash Peach Cobbler Pureed Soup</p>	<p>9 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+</p>	<p>10 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+</p>	<p>11 Turkey Sausage Waffles Mashed Potatoes Mixed Berries</p>
<p>12 Scrambled Eggs French Toast Pears Mashed Potatoes Fruit Juice w/C+</p> 	<p>13 <u>6/20 Froz Meal Del</u> Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup</p>	<p>14 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+</p>	<p>15 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup</p>	<p>16 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries</p>	<p>17 BBQ Beef Baked Beans Corn Pureed Soup Fruit Juice w/C+</p>	<p>18 Turkey Sausage Pancakes Scrambled Eggs Mashed Potatoes Fruit Juice w/C+</p>
<p>19 <u>Juneteenth</u> Western Omelet Pears Mashed Potatoes Fruit Juice w/C+</p> 	<p>20 <u>Office Closed</u> <u>Meal Delivered on 6/13</u> Pot Roast Green Beans & Carrots Pureed Brown Rice Fruit Juice w/C+</p>	<p>21 <u>Summer Begins</u> Chicken Enchilada Corn Broccoli Applesauce</p>	<p>22 Meatloaf Butternut Squash Peach Cobbler Pureed Soup</p>	<p>23 Turkey Bread Stuffing Cranberries Mashed Potatoes Fruit Juice w/C+</p>	<p>24 Chicken w/Rice Peas Butternut Squash Fruit Juice w/C+</p>	<p>25 Turkey Sausage Waffles Mashed Potatoes Mixed Berries</p>
<p>26 Scrambled Eggs French Toast, Pears Mashed Potatoes Fruit Juice w/C+</p>	<p>27 <u>7/4 Froz Meal Del</u> Pork Roast Sweet Potatoes Baked Apples Pureed Brown Rice Pureed Soup</p>	<p>28 Chicken & Dumplings Peas Rutabaga Fruit Juice w/C+</p>	<p>29 Seafood Casserole Broccoli Cherry Cobbler Pureed Soup</p>	<p>30 Chicken Pot Pie Green Beans Mashed Potatoes Mixed Berries</p>		
<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals – on high for 4- 5 mins</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>Weekend meals are ordered a week in advanced & delivered FROZEN on Thursdays & Fridays</p>	<p>STORAGE: *Cold meals - may be stored in fridge for up to 1-2 days *Frozen meals - may be stored in a freezer for up to 2 weeks</p>			

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<p>5</p> <p>Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p>	<p>6</p> <p>Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>7</p> <p>Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>8</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>9</p> <p>Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches</p>	<p>10</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>11</p> <p>Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit</p>	
<p>12</p> <p>Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p> 	<p>13 <u>6/20 Froz Meal Del</u></p> <p>Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>14</p> <p>Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>15</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>16</p> <p>Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches</p>	<p>17</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>18</p> <p>Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit</p>	
<p>19 <u>Juneteenth</u></p> <p>Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p> 	<p>20 <u>Office Closed</u> <u>Meal Delivered on 6/13</u></p> <p>Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>21 <u>Summer Begins</u></p> <p>Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>22</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>23</p> <p>Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches</p>	<p>24</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>25</p> <p>Chicken and Rice Casserole Broccoli+ Baby Carrots* Fruit</p>	
<p>26</p> <p>Egg Frittata with Vegetables Capri Vegetables Apple Sauce+ White Bread</p>	<p>27 <u>7/4 Froz Meal Del</u></p> <p>Meat Loaf Carrots* White Rice Romaine & Cucumber Fruit Cocktail</p>	<p>28</p> <p>Chicken w/Vegetables Carrots White Rice Fruit Cocktail</p>	<p>29</p> <p>Pot Roast Rotini Pasta Green Beans Pears Cole Slaw</p>	<p>30</p> <p>Turkey Carrots & Peas* Rotini Pasta Romaine & Cucumber Peaches</p>			
<p>MICROWAVE: *Cold meals - for 2-3 mins. *Frozen meals – on high for 4- 5 mins</p>	<p>OVEN: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.</p>	<p>Weekend meals are ordered a week in advanced & delivered FROZEN on Thursdays & Fridays</p>	<p>STORAGE: *Cold meals - may be stored in fridge for up to 1-2 days *Frozen meals - may be stored in a freezer for up to 2 weeks</p>				

Understanding Dietary

Fats



Fat provides texture; taste and can help us feel fuller faster and for longer as fat takes longer to digest than carbohydrates. Fat is also essential for absorption of many vitamins and minerals.

FATS TO LIMIT AND AVOID

TRANS FATS

The one type of fat that should be avoided is trans fats. They provide no health benefits and no level of these are safe to consume. Fortunately, due to these facts, they are being removed from many foods that they've been added to. Food manufacturers used them primarily for increased shelf life.

Where you find trans fats? *Crackers, cookies, baked goods, cereals, prepared frozen meals, and stick margarine*

SATURATED FAT

This form of fat is one that is still recommended to limit to 10% of your daily calories but can be incorporated into a healthy diet.

Where do you find saturated fats: *butter, coconut oil, animal fat, cheese, whole milk dairy, and commercially prepared foods.*



HEALTHY FATS



MONOUNSATURATED and POLYUNSATURATED FATS

These healthy fats found in vegetables, nuts, seeds and fish can have a positive effect on lipid levels in the body. Good sources of **monounsaturated fats** are olive oil, peanut oil, canola oil, avocados, and most nuts, as well as high-oleic safflower and sunflower oils.

When you pour liquid cooking oil into a pan, there's a good chance you're using **polyunsaturated fat**. Corn oil, sunflower oil, and safflower oil are common examples. Polyunsaturated fats are *essential* fats. That means they're required for normal body functions but your body can't make them so you must get them from food. Polyunsaturated fats are needed for blood clotting, muscle movement, and reducing inflammation.

