

God's Love We Deliver - Menu Winter 2022															
		MONDAY	REST	TUESDAY	REST	WEDNESDAY	REST	THURSDAY	REST	FRIDAY	REST	SATURDAY	REST	SUNDAY	REST
WEEK1	Soup	Cuban Black Bean Soup	Renal	Split Pea Soup	Renal	Puree of Mushroom Soup	Renal	Turmeric Lemongrass Soup	Renal	Potato White Bean Soup	Renal	Celery and Roasted Garlic Soup	Renal	Creole Vegetable Puree	Renal
	Salad	Basil Macaroni	Mince/Puree			Roasted Chickpea Salad with Kale	Mince/Puree								
	Regular	Salmon w. Herb Pesto Quinoa Pilaf	No Fish, Veg, Mild/GI	Ground Chicken Stir Fry Brown Fried Rice	Pescatarian, Veg, Mild/GI	Beef Burger w. Cole Slaw, Pasta w. Pea Pesto	No Beef, Veg, Pescatarian, Mild/GI	Kale Burger w. Pickled Red Onion, Potatoes	Mild GI	Braised Pork and Beans Bean Puree	Pescetarian, Veg, No Pork, Mild GI	Escabeche Style Fish Black Bean Puree	No Fish, Veg, Mild/GI	Minced Beef w/Black Eyed Peas Curried Rice	No Beef, Veg, Pescatarian, Mild/GI
	Mild GI	Filipino Beef Garlic Egg Rice	No Beef, Pescatarian, Veg	Roasted Fish w/ Garden Pesto Spinach Rice Pilaf	No Fish, Veg	Seasonal Vegetable Stir Fry White Rice		Baked Fish with Honey Mustard Sauce Sweet Potato Mash	No Fish, Veg	Coconut Braised Chicken Red Quinoa Rice	Pescetarian, Veg	Stewed Pork with Pumpkin Smashed Potato	Pescatarian , Veg, No Pork	Garlic Glazed Chicken Patty White Rice	Pescetarian, Veg
	Veg	Stuffed Pepper with Curry Sauce	Mild / GI	Quinoa Corn Cakes w. Tofu Crema	Mild / GI	Veg Burger/Pasta	Mild / GI	Vegetable Stir Fry	Mild / GI	Chunky Veg Chili/White Rice	Mild / GI	Creamy Veg Casserole	Mild / GI	Bread and Butter Bean Stew	Mild / GI
	Dessert	Reg: Choc Chip Oatmeal, Mod: Lemon Cookie		Fruit		Coconut Cake		Fruit		Vanilla Cake		Fruit		Fruit	
	Bkfst	Southwestern Omelet, Milk or Alt Milk, Fruit		Cheerios, Fruit, Milk or Rice Milk		Kix, Fruit, Milk or Rice Milk		WG Total, Fruit, Milk or Rice Milk		Cornbread, Milk or Alt Milk, Fruit		Cream of Wheat, Fruit, Milk or Rice Milk		All-bran, Fruit, Milk or Rice Milk	