



Nutrition for Health “Nourish”  
 October 5<sup>th</sup> – 30<sup>th</sup>, 2009  
*Good health is wealth!*

**Meals are \$10.00 if delivered, and \$9.00 if picked up**

Daily Menu Options October 2009	<u>Option 1</u> Good, Healthy low Glycemic Index Carbohydrates, Fish and Poultry. Burgers, Sandwiches, and Quesadillas etc. are for individuals with higher carbohydrate needs. All served with fresh fruits and vegetables	<u>Option 2</u> Savory soups and stews made with the freshest vegetables available, along with poultry and fish. Served with an 8 ounce fruit cup and sometimes whole wheat crackers or corn tortillas	<u>Option 3</u> <u>South Beach Phase 2 and 3</u> Mainly good protein, beans, peas, corn and lots of veggies. Served with fruit	Section for Comments and/or Special Requests
Monday 10/5	Deluxe Pasta Vegetable Salad (chicken, crunchy veggies and apples)	Italian Chicken /Pasta Vegetable Soup	Spicy Chicken Tortas (veggies and spanish flavored chicken)	
Tuesday 10/6	Creamy Chicken Vegetable Salad on a bed of Lettuce	Old Fashion Creole Chicken Soup (potatoes, celery and carrots)	Baked Leg and Thigh with Steamed Vegetables	
Wednesday 10/7	Baked Chicken Breast with Citrus-Garlic Ginger Sauce over Brown Rice	Savory Split Pea and Chicken Vegetable Soup	Classic Tuna Salad with the Works	
Thursday 10/8	Stewed Chicken made Healthy with Ducunu and Coleslaw	Lean Beef and Okra Vegetable Soup	Roast Chicken Picadillo over Fresh Garden Salad	
Friday 10/9	Hearty Ground Turkey and Black Beans Chili with Corn Tortillas	Chicken Minestrone Soup with Whole Wheat Crackers	Baked Fish Fillet a la Mexicana (open faced burger)	
Tuesday 10/13/09	Exquisite Waldorf Salad (chicken, lettuce, crunchy vegetables, grapes, toasted walnuts)	Chinese Chicken Noodle Soup	Italian Flavor Chicken with Tossed Parmesan Rotini	
Wednesday 10/14/09	Roasted Turkey with Honey Baked Sweet Potatoes, Corn, Carrot, and String Beans Medley	Turkey Brown Rice Vegetable Soup	Turkey Pâté Triple Decker Sandwich (ww bread)	
Thursday 10/15/09	Chicken/Vegetable Burrito Supreme	New Orleans Chicken Vegetable Gumbo	Mozarella Stuffed Chicken Patties with Garden Vegetables	

Friday 10/16/09	Healthy Chicken Vegetable Lasagna	<b>Fish Seré with Ital (low carb) Ground Foods</b>	Barbeque Chicken Whole Wheat Sub- Sandwiches	
Monday 10/19/09	Spaghetti (ww) and Chicken Balls with Delicious Italian Sauce	Savory Cabbage soup with Chicken, Vegetables, and Brown Rice	Roasted Rosemary legs and Thighs over Steamed vegetables	
Tuesday 10/20/09	Deluxe Chef's Salad with Chicken, Turkey Ham, and Cheese and Croutons	Delicious Northern Belize Chicken Escabeche with Corn Tortillas	Citrus-Kissed Tilapia over Garden Fresh Vegetables and Drunken Black Beans with Peppers, Vinaigrette, and Cilantro	
Wednesday 10/21/09	Baked Chicken and Cultural Maya Potatoes Salad	Cheesy Broccoli & Chicken, Potato and Vegetable Soup	Jalapeño Chicken and Cheese Quesadilla	
Thursday 10/22/09	Arroz con Pollo (brown rice with azafran, chicken with bone, and mixed vegetables)	Thai Chicken Noodle Soup	Grace Fiesta Taco Salad with Ground Chicken and Corn Chips	
Friday 10/23/09	Hearty Belizean Style Ground Chicken Chili	Chirmole made very Healthy (we use organic eggs) and Hot Corn Tortillas	Jamaican Jerk Steak Sub- Sandwiches	
Monday 10/26/09	Multi-Layer Chicken, Vegetable, Pasta bake topped with Mozarella Cheese	Savory Bean and Sausage Soup with Garlic Croutons	Greek Style Tuna Salad with Whole Wheat Crackers	
Tuesday 10/27/09	Chicken Caesar Chicken Salad (home made chicken and garlic croutons)	Ranchero Meat Ball and Pasta Soup	Spicy Chicken Enchiladas	
Wednesday 10/28/09	Special Roasted Turkey Dinner with Rice and Beans and the Works	Curry Chicken Vegetable Soup	Wine and Garlic Shrimp/ Vegetable Sauté over Pasta	
Thursday 10/29/09	Savory Ground Chicken, Zucchini/Tomato Meat Loaf with Herb- Garlic Potatoes	Chicken with Chickpeas and Vegetable Soup (tomato based)	Pan Grilled Tuscan Pork Chops over Steamed Vegetables	
Friday 10/30/09	Two Bean Ground Chicken Chili with Corn Tortillas	Puchero (a Brazilian stew made with vegetables and beef brisket and potatoes)	Honey and Soy Glazed Tilapia with fresh Garden Vegetable Salad	

- We use a lot of local Grace Products and Quality Poultry Products
- All meal options are 400/600 calories or more if requested
- Options are subjected to change, depending on availability of products
- Please note that orders or cancellations should be made before 9:00am.
- We would prefer payment in advance or as your food is delivered; if this is not possible kindly have payment ready by Friday of every week, unless other arrangements are made
- Call 205-2398, 662-2084 to place orders or for questions or comments ask for Mrs. Morrison or Robert
- Please contact Karen Rosito R.D. @ 600-3423, 203-DIET or 205-2398 for additional information or for nutritive value of meals.