



Nutrition for Health “Nourish”

Good health is wealth!

April 6th- 30th, 2010

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

Meals are also \$9.00 if you pay in advance!

Call 223-3983 to place orders!!!

Daily Menu Options April 2010	Option 1 Good, Healthy low Glycemic Index Carbohydrates, Fish and Poultry. Burgers, Sandwiches, and Quesadillas etc. are for individuals with higher carbohydrate needs.	Option 2 Soups or Salads mostly protein and low carbohydrate meals, made with chicken, or fish and the best choice of fresh vegetables.	Section for Comments and/ or Special Requests
Tuesday 4/6	Chicken Tostada Salad with Lots of Crunchy Veggies	Healthy Hearty Chicken Vegetable Soup	
Wednesday 4/7	Honey Glazed Baked Chicken, Vegetable Brown Rice and Rainbow Cole Slaw	Spicy New Orleans Chicken and Turkey Sausage Gumbo with Corn and Okra	
Thursday 4/8	Baked Chicken with Scalloped Potatoes made Healthy	Black Bean Chicken Vegetable Soup served with Hot Corn Tortillas	
Friday 4/9	Hefty <u>Roast Beef</u> or <u>Chicken</u> Burrito with Lots of Veggies	Creole Style Stew Fish with Ital Ground Food and Veggies	
Monday 4/12	Garlic Chicken Limone (Chicken breast sautéed with garlic and sun ripened vegetables) over angel hair pasta in a lemon garlic-herb sauce	Chicken Minestrone Vegetable Soup with Pasta, Navy Beans and Hearty Veggies	
Tuesday 4/13	Layered Chicken and Turkey Deluxe Salad	Turkey and Chicken Brown Rice Cabbage Vegetable Soup	
Wednesday 4/14	Baked Chicken or Fish Fillet over a Zesty Mexican Potato Salad	Clear Oriental Chicken and Wonton vegetable Soup	
Thursday 4/15	Gingery Pork Chops with Peach Couscous Salad	Triple Decker Chicken/Vegetable Pate Sandwich	
Friday 4/16	Elva's Deluxe Low fat, Low Carb, Chicken Vegetable Cheesy Lasagna	Curry Chicken Vegetable Soup with Potatoes, Carrots and Zucchini	

Monday 4/19	Ground Chicken Balls Stroganoff over Whole Wheat Spaghetti	Italian Chicken and Vegetable Soup with Spices and Pasta	
Tuesday 4/20	Deluxe Chicken Caesar Salad with Homemade Dressing	Tuna/Veggie Sub with 'The Works'	
Wednesday 4/21	Fiesta Tamale Pie (ground chicken, corn bread topping and lots of veggies)	Northern Belize Chirmole Made Very with Organic Eggs, Baked Chicken and Vegetables	
Thursday 4/22	Baked Pita Pocket stuffed with Chicken Breast, Mozzarella Cheese and Colorful Crunchy Veggies	Split Pea Chicken Vegetable Soup with Potatoes, Cho-cho , Carrots and Other Vegetables	
Friday 4/23	Robert's Spicy Red Kidney Beans Ground Chicken Chili with Hot Corn Tortillas	Hudut (fish in low fat coconut milk, peppers, cilantro, and onions served with beaten (smashed) half ripe plantains)very tasty.....	
Monday 4/26	Spicy Red Pepper Chicken and Creamy Pasta Vegetable Salad	Mozzarella Stuffed Ground Chicken Patty over Seasoned Steamed Vegetables	
Tuesday 4/27	Chicken and a Rainbow of Colorful Crunchy Vegetables over Lettuce with Healthy Buttermilk Dressing	Greek Salad Chicken Pita Pocket (chicken, veggies, lemon juice, olive oil, feta cheese and parsley)	
Wednesday 4/28	Baked Chicken and Roasted-Garlic Potato Salad with Garden Fresh Vegetables	Chicken Escabeche made Extra Healthy with Jalapenos, Cho-cho , and Carrots	
Thursday 4/29	Shepherd's Pie made very healthy with ground Chicken	Marinated Baked Cilantro, Garlic, Onions Leg and Thigh over Steamed Vegetables	
Friday 4/30	Health Fish Boil up with Low Glycemic index carbs and Steamed Vegetables	Mexican Tortilla Chicken and Vegetable Soup	

- We use Grace Products and Quality Poultry Chicken
- All meal options are 400/600 calories or more if requested
- Eat well.... Lose weight.....Feel great!
- 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, we cannot afford to be 'hunting' you down for payment on Friday as it is a very busy and usually costly and time consuming for us
- Call **223-33983**, 662-2084 to place orders or for questions or comments ask for Mrs. Morrison or Robert Mariano
- Please contact Karen Rosito R.D. @ karen_rosito@yahoo.com for additional information or for nutritive value of meals.