



Nutrition for Health "Nourish"

Good health is wealth!

November 30th to December 18, 2009

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

Daily Menu Options December 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.	<u>Option 2</u> 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
Monday 11/30	Chicken Pasta Vegetable Salad (made with crunchy veggies and apples)	Tasty Main Dish Chicken Vegetable Soup	
Tuesday 12/1	Deluxe Chicken Caesar Salad with Garlic Croutons and Home Made Dressing	Hoisin Chicken Leg and Thigh served with Creamy Pasta Vegetable Salad	
Wednesday 12/2	Latin Chicken with Vegetables and Brown Rice Pot (arroz con pollo)	Healthy New Orleans Gumbo with Turkey Sausage, Shrimp, and Chicken	
Thursday 12/3	Baked Chicken or Fish with Sweet Potato Casserole and Healthy Coleslaw	Cheesy Broccoli Chicken Vegetable Soup	
Friday 12/4	Robert's own Spicy Red Beans and Ground Chicken Vegetable Chili	Ranchero Meatball (chicken) Vegetable Soup	
Monday 12/7	Fettuccine Alfredo with Baked Chicken made Healthy	Spicy Italian Chicken Vegetable Soup	
Tuesday 12/8	Deluxe Chef Salad with Fresh Vegetables, Chicken, Turkey Ham, and Cheese	Triple Decker Chicken and Cheese Deluxe Whole Wheat Sandwich	

Wednesday 12/9	Baked Chicken and Brown Rice Pilaf with Garden Vegetable Salad	Surf (shrimp) and Turf (lean beef) Deluxe Vegetable Salad	
Thursday 12/10	Healthy Creole Style Stewed Chicken with Ducunu and Rainbow Coleslaw	Curried Chicken Salad in Lettuce Cups	
Friday 12/11	Chicken Vegetable Healthy and Tasty Lasagna	Fishermen's Favorite Vegetable Chowder	
Monday 12/14	Old Fashion Whole Wheat Spaghetti and Ground Chicken Balls	Mexican Tortilla Chicken Vegetable Soup	
Tuesday 12/15	Mandarin Chicken Vegetable Salad with Buttermilk Dressing	Savory Black Beans Chicken Vegetable Soup	
Wednesday 12/16	Classic Tuna tricolor Pasta Salad with the Works made very Healthy	Jalapeno Cheese Burgers (made with ground chicken and partially skimmed mozzarella cheese) on Whole Wheat Bun	
Thursday 12/17	Spicy Chicken Meatloaf with Dilly Potato Salad and Fresh Garden Vegetables	Chicken, Brown Rice, and Vegetables, Cabbage Soup	
Friday 12/18	Texas Style Chunky Chicken (cubes) Pinto Beans Chili	Grilled Chicken or Fish with Fresh Garden 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 Mariano
- Please contact Karen Rosito R.D. @ 600-3423, 203-DIET or 205-2398 for additional information or for nutritive value of meals.