



Nutrition for Health “Nourish”

Good health is wealth!

February 1st - February 28th, 2010

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

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

Daily Menu Options February 2010	<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 2/1	Chicken Fettuccine Alfredo with Vegetable Salad	Roasted Chicken Leg and Thigh Seasoned with Garlic and Rosemary served over Steamed Vegetables	
Tuesday 2/2	Hefty Italian Chicken/Lean Turkey Layered Vegetable Salad	Spicy Ground Turkey or Chicken Enchiladas	
Wednesday 2/3	Arroz con Pollo (brown rice with chicken, azafran, and vegetables)	Pasta Meatball Soup with Lots of Veggies	
Thursday 2/4	Baked Meatloaf (chicken) with Cubed Herb Garlic Potatoes	Split Peas Chicken Vegetable Soup (delicious)	
Friday 2/5	Hefty Mexican Chicken/ Vegetable Burrito	Hearty Vegetable and Fish Soup with 'good carbs'	
Monday 2/8	Creamy Chicken Tetrazzini	Mexican Tortilla Chicken and Vegetable Soup	
Tuesday 2/9	Chicken Vegetable Salad with Mandarin Oranges and Walnuts	Chicken Caesar Salad Super Sandwiches	
Wednesday 2/10	Roasted Turkey Breast, Honey Baked Sweet Potatoes, and Fresh Garden salad	Turkey and Chicken, Brown Rice and Cabbage, Vegetable Rich Soup	

Thursday 2/11	Baked Garlic Chicken with Pita Wedges Hummus and Cucumber/Parsley/ Tomato Salad	Baked Lean Pork Chops served with Apple Sauce Steamed Vegetables and Corn	
Friday 2/12	Oven 'fried' Parmesan Chicken Strips with Healthy Mac and Cheese	Seafood in Wine and Garlic Sauce over Sautéed Vegetables	
Monday 2/15	Chicken and Pasta Cheesy Vegetable Bake	Wonton and Chicken Vegetable Soup made Healthy	
Tuesday 2/16	Deluxe Chicken Caesar Salad with Home made dressing	Chicken Meatball Subs (very tasty and low fat)	
Ash Wednesday 2/17	Baked Fish Fillet or Chicken Breast with Black Eye Peas (Rice and Peas), baked Plantain and Healthy Coleslaw	Baja Fish or Chicken Tacos with Julienne Cut Vegetables	
Thursday 2/18	Classic Tuna Salad on Lettuce Leaves	Marinated Chicken Italian Style Pizza (Pita Bread)	
Friday 2/19	Healthy Creole Stewed Chicken with Ducunu and Crunchy Vegetable Salad	Creole Stewed Fish with the Works	
Monday 2/22	Chicken Meatballs in Vegetable Rich Tomato Sauce On Whole Wheat Spaghetti	Chunky Chicken and Vegetable Soup with Whole Wheat Crackers	
Tuesday 2/23	Sweet and Sour Baked Chicken Breast over Leafy Vegetable Salad	Mozzarella Stuffed Chicken Patties on Whole Wheat Bun with Garden Vegetables	
Wednesday 2/24	Baked Chicken with Creamy Dilly Potato Salad	New Orleans Gumbo (chicken, sausage, shrimp, okra)	
Thursday 2/25	Spicy Two Bean Ground Chicken Chili with Hot Corn Tortillas	Golden Baked Fish Fillet Whole Wheat Burgers with Vegetables	
Friday 2/26	Hearty Healthy Fish Boil-up	Sloppy Joes (ground chicken, vegetables mixture) served with Whole Wheat Sub Bread	

- Eat well....lose weight...feel great
- 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.