



Nutrition for Health "Nourish"

Good health is wealth!

January 4th to 29th, 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 January 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 1/4	Creamy Chicken and Pasta (whole wheat) Vegetable Salad	New Orleans Style Spicy Chicken Vegetable Gumbo	
Tuesday 1/5	Blackened Chicken Vegetable Salad with Lots of Veggies and Garlic Croutons	Chicken and Cheese Tortas, with purple onions and sweet peppers	
Wednesday 1/6	Arroz con Pollo (brown rice, vegetables, chicken, azafran)	Main Dish Chicken Vegetable Soup	
Thursday 1/7	Ground Chicken Meat Loaf and Cubed Herb Garlic Potato	Savory Mexican Flavor Chicken Vegetable Soup with Nacho Style Chips	
Friday 1/8	Chicken Chimichanga (Whole Wheat Flour Tortilla, Chicken, Vegetables, Cheese)	Chicken Chow Mien Vegetable Soup (with lots of veggies and stir fry chicken)	
Monday 1/11	Old fashion Spaghetti (whole wheat) and Meatballs (chicken)	Delicious Italian Style Chicken and Vegetables Soup	
Tuesday 1/12	Deluxe Chef Salad (chicken, turkey ham, lots of veggies and cheese)	Spicy Grilled Mozzarella Stuffed Chicken Patty on Whole Wheat Bun	
Wednesday 1/13	Honeyed Chicken with Vanilla Rice and Gingered Broccoli	Shrimp and Pasta Chicken Vegetable Salad	
Thursday 1/14	Healthy Creole Stewed Chicken with Ducunu	Curried Chicken Vegetable Soup	

Friday 1/15	Robert's own Spicy Red Kidney Bean Ground Turkey Chili	Hoisin Chicken Leg and Thigh alongside Sautéed Vegetables	
Monday 1/18	Multi-layered Chicken Vegetable Rotini	Oriental Chicken Vegetable soup (no MSG)	
Tuesday 1/19	Chicken Caesar Salad with the Works incl. Home made Caesar Dressing	Northern Belize Chicken Vegetable Chirmole with Hot Corn Tortillas	
Wednesday 1/18	Oven Baked Chicken over Garlicky Brown Rice	Roast Beef on Fresh Garden Salad, Purple Onions, Carrots and Peppers	
Thursday 1/21	Healthy Hearty Scalloped Potatoes with baked Chicken Breast	Old Fashion Creole Chicken Soup	
Friday 1/22	Fiesta Tamale Pie (healthy, filling and delicious)	Chicken, Brown Rice, and Cabbage Vegetable Soup	
Monday 1/25	Penne Pasta Curry Chicken Salad in Lettuce Cups	Sweet and Sour, Spicy Chicken Vegetable oriental soup	
Tuesday 1/26	Chicken Waldorf Vegetable Salad (grapes, walnuts etc)	Spicy Pork Steak Picadillo Tortas (low fat and really good!)	
Wednesday 1/27	Black Bean, Turkey Sausage, Chicken Vegetable Soup	Whole Wheat Tuna Burrito (whole wheat flour tortilla and the works)	
Thursday 1/28	Kung Pao Chicken over Brown Rice	Chicken Minestrone Soup (with lots of veggles and pasta)	
Friday 1/29	Chicken and Vegetables, Tortilla Lasagna	All Good Ital Fisherman Stew	

- **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.**