



**Nutrition for Health “Nourish”**

**Good health is wealth!**

**March 1<sup>st</sup> – March 31<sup>st</sup>, 2010**

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

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

<b>Daily Menu Options March 2010</b>	<b><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.</b>	<b><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.</b>	<b>Section for Comments and/ or Special Requests</b>
Monday 3/1	Creamy Pasta/ Chicken Vegetable and Apple Salad	Hoisin Leg and Thigh with Steamed Vegetables	
Tuesday 3/2	Jalapeno-Lime Chicken on Fresh Garden Vegetables Salad with Croutons	Spicy Hefty Chicken Vegetable Enchiladas	
Wednesday 3/3	Latin Chicken and Vegetable Brown Rice with Rainbow Coleslaw	Main Dish Chunky Chicken Vegetable Soup	
Thursday 3/4	Hawaiian Chicken Vegetable Pasta Salad	Cheesy Broccoli and Chicken Vegetable Soup	
Friday 3/5	Chimichanga (whole wheat flour tortilla with chicken, sour cream, beans, and crunchy vegetables)	Fish Escabeche with Jalapeno Pepper, Carrots and Cho-cho-served with Corn Tortillas	
Monday 3/8	HOLIDAY	HOLIDAY	HOLIDAY
Tuesday 3/9	Baked Chicken and Very Healthy Mac and Cheese	Chicken Minestrone Vegetable Soup	
Wednesday 3/10	Deluxe Chef Salad with Chicken, Cheese and Grated Organic Eggs	Triple Decker Chicken Pâte Sandwich	
Thursday 3/11	Healthy Herb Rice and Beans, Baked Chicken, Coleslaw and Plantain	Chicken and Brown Rice, Cabbage Vegetable Soup	
Friday 3/12	Baja Fish Burrito with Salsa, Purple cabbage Onions, and other Crunchy Vegetables	Spicy Curry Chicken Vegetable Soup	
Monday 3/15	Multi Layer Pasta, Chicken Vegetable Bake	Italian Chicken Vegetable Soup with Cheesy Croutons	
Tuesday 3/16	Waldorf Chicken Vegetable Salad with Grapes and Walnuts	Spicy Chicken Black Bean Burrito	

Wednesday 3/17	Turkey and Chicken Tortas with Peppers and Purple Onions	Savory Turkey Vegetable Brown Rice Soup	
Thursday 3/18	Chicken Meat Loaf with Cubed Herb Garlic Potatoes	Orange Glazed Grilled Chicken Patty on Whole Wheat Burger Bun	
Friday 3/19	Robert's Spicy Red Kidney Bean Chicken Chili with hot Corn Tortillas	Fish Sere with Ital Ground Foods	
Monday 3/22	Chicken Fettuccine Alfredo made very Tasty and Healthy	Black Bean Chicken and Turkey Sausage Vegetable Soup	
Tuesday 3/23	Classic Chicken Caesar Leafy Salad with Home made Dressing and Croutons	Healthy Pita Pizza (with chicken, mozzarella cheese, and veggies)	
Wednesday 3/24	Kung Pao Chicken over Fluffy Brown Rice	Split Pea Chicken Vegetable Soup	
Thursday 3/25	Cuban Style Super Sub with Pork or Chicken	Spicy Oriental Chicken and Vegetable Chow Mein Soup	
Friday 3/26	Tortilla Lasagna with Ground Chicken and Vegetables (low calorie and tasty)	Seafood and Vegetable Bisque with Garlic Roll	
Monday 3/29	Whole Wheat Spaghetti and Chicken Meatballs made vey Healthy	Classic Northern Belize Chicken Chirmole Made with Organic Eggs and Lots of Vegetables and served with Hot Corn Tortillas	
Tuesday 3/30	Blackened Chicken Vegetable Salad with Garlic Croutons	Puchero ( an Argentine soup made with Beef Brisket and Vegetables)	
Wednesday 3/31	Oven baked Chicken and Jambalaya Rice with Healthy Cole slaw	Tuna and Crunchy Vegetables Pasta Salad	

- 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
- 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.