



Nutrition for Health "Nourish"

Good health is wealth!

November 2<sup>nd</sup> - November 27<sup>th</sup>

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

Daily Menu Options November 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. All served with fresh fruits and vegetables	<u>Option 2</u> Savory soups and stews made with the freshest vegetables available, along with poultry and fish. Served with an 8 ounce fruit cup and sometimes whole wheat crackers or corn tortillas	<u>Option 3</u> <u>South Beach Phase 2 and 3</u> Mainly good protein, beans, peas, corn and lots of veggies. Served with fruit	Section for Comments and/ or Special Requests
Monday 11/2	Chicken & Pasta Vegetable Salad with Crunchy Vegetables and Diced Apples	Italian Chicken & Pasta Vegetable Soup	Baked Chicken and Steamed Vegetables	
Tuesday 11/3	Oriental Chicken and Mandarin Vegetable Salad	Main Dish Chicken Vegetable Soup with Potatoes	Sloppy Joes made very Healthy with Whole Wheat Hot Dog Bread	
Wednesday 11/4	Sweet and Sour Chicken Breast with Veggies over Brown Rice	South Western Chicken Vegetable Soup with Whole Wheat Crackers	Healthy Fish Boil – up with Steamed Vegetables and Plantain	
Thursday 11/5	Creole Style Baked Chicken with gravy made healthy and Ducunu	Turkey Rice Vegetable Soup	Roast Turkey, Peppers and Onions between a Sesame Bun	
Friday 11/6	Chile con Carne (Red Kidney Beans and Ground Turkey)	Mexican Tortilla Chicken Vegetable Soup	Chicken Taco Vegetable Salad	
Monday 11/9	Low Fat Fettuccine Alfredo with Baked Chicken	Chicken Minestrone Vegetable Soup with WW Crackers	Deluxe Club Sandwich with Turkey bacon, Chicken and Cheese	
Tuesday 11/10	South Beach™ Vegetable Salad with Baked Chicken, Low Fat Cheddar Cheese, and Sliced Boiled Eggs (organic)	Pasta and Meatballs (chicken) Vegetable Soup	Hoisin Chicken Legs and Thighs over Steamed Vegetable	

Wednesday 11/11	Fiesta Tamale Pie made very Healthy with Ground Chicken and Corn Meal	Mediterranean Style Shrimp & Vegetable Soup	Baked Chicken and Vegetable Layered Casserole with Tomato sauce and Cheese	
Thursday 11/12	Baked Chicken and Creamy (Dill) Cubed Potato	Pinto Bean and Chicken Vegetable Soup	Baja Fish Burrito	
Friday 11/13	Oven BBQ Chicken with Whole Wheat Tortilla, Rainbow Coleslaw and Corn	Curried Chicken Vegetable Soup	Hawaiian Chicken Vegetable Salad	
Monday 11/16	Baked Chicken with Creamy Pasta Salad	Chicken & Brown Rice with Cabbage Vegetable Soup	Rosemary and Garlic Chicken over Steamed Vegetables	
Tuesday 11/17	Blackened Chicken Vegetable Salad with Purple Onions & Garlic Croutons,	Roasted Chicken Escabeche with Jalapenos and Hot Corn Tortillas	Crust-less Southwestern Quiche made with fresh Organic Eggs, Spinach, Ground Chicken and Vegetables	
Wednesday 11/18	Baked Chicken, Black Eye Peas Rice and Peas, Cole Slaw, Plantain	Minted Chicken and Rice Soup	Chicken Patty Burger with Melted Mozzarella Cheese on WW Bun	
Friday 11/20	Texan Style Ground Chicken Chili with Corn Tortillas	Creole Beef Soup with Okra and Vegetables	Baked Fish Fillet with Fresh Garden Salad and Corn	
Monday 11/23	Healthy Chicken Vegetable Chow Mein	Clear Oriental Chicken Vegetable Soup	Savory Chicken and Corn Sauté with Steamed Vegetables	
Tuesday 11/24	Deluxe `Waldorf Chicken Vegetable Salad with Toasted Walnuts and Seedless Grapes	Old Fashion Creole Stewed Fish	Roast Beef Tortas with Crunchy Vegetables	
Wednesday 11/25	Shepherd Pie (reduced fat and made with ground turkey)	Northern Belize Chirmole made Healthy	Personal Pita Pizza made with Chicken, Cheese, and Vegetables	
Thursday 11/26	Arroz con Pollo (made with azafran, vegetables and chicken cuts)	Spicy Split Peas Chicken and Sausage Vegetable Soup	Baked Fish Fillet on Whole Wheat Bun	
Friday 11/27	Tortilla 'Lasagna' made with Cheese, tomato Sauce and Ground Chicken	Healthy Hearty Fish Sere with Ital Ground Food	Oven fried Chicken Parmesan over 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
- Please contact Karen Rosito R.D. @ 600-3423, 203-DIET or 205-2398 for additional information or for nutritive value of meals.