



Nutrition for Health “Nourish” Menu
August 3rd - September 4th, 2009

Good health is wealth!

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

Daily Menu Options <u>July 2009</u>	<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 August 3	Spaghetti (whole wheat) and Italian Meaty/Vegetable Sauce	Italian Chicken Vegetable Zucchini Soup	<u>Taco Chicken Salad (w/ground chicken and corn)</u>	
Tuesday August 4	Waldorf Chicken Vegetable Salad with Walnuts, Grapes, Croutons	Japanese Chicken Noodle Soup	Chicken Club Sandwiches on French Bread	
Wednesday August 5	<u>Creamy Coconut Milk Rice with Baked Chicken and Plantain</u>	Hearty Chicken/Turkey Sausage Vegetable Gumbo w/ Okra and Brown Rice	Oriental Stir-Fry with Chicken, Sweet Pepper, Celery, and Ginger	
Thursday August 6	Hearty Chicken Stroganoff over Chunky Potato Cubes	<u>Fish Seré with Ital Ground Food</u>	South Western Chicken and Corn Sauté	
Friday August 7	<u>Chicken Burrito Wrap with Black Beans, Corn, Salsa and Guacamole</u>	<u>Super Healthy Old Fashion Chicken Vegetable Soup</u>	Baked Fish Fillet with Avocado and Papaya Salsa over Steamed Vegetables	
Monday August 10	Chicken, Pasta and Apple, Chunky Vegetable Salad	<u>Chicken Risotto Vegetable Soup with Herbed Rolls</u>	<u>Spicy Italian Chicken over Steamed Vegetables</u>	
Tuesday August 11	Roasted Chicken Salad with Garlic Croutons over Mixed Salad Greens	Fisherman’s Chowder with Tasty Veggies	<u>Greek Style Tuna Salad Sandwich</u>	
Wednesday August 12	<u>Curried Chicken and Vegetables with Potatoes</u>	Sweet and Savory Chicken Vegetable Soup	<u>Oriental Chicken Vegetable Salad</u>	
Thursday August 13	<u>Exotic Moroccan Honey Apricot Chicken over Brown Rice</u>	<u>Flavorful Split Pea, Chicken, Turkey Ham, Vegetable Soup</u>	Chicken with Chimichurri Sauce over Chunky Steamed Vegetables	
Friday August 14	<u>Robert’s Spicy Chicken Enchiladas made with Ground Chicken, and Tomato Sauce sprinkled with Parmesan Cheese</u>	Tex-Mex Beefy Vegetable Soup with Corn Tortillas	Health Fish Boil-up with Low Glycemic Index Vegetables	
Monday August 17	Creamy Chicken and Linguine in Tomato Sauce	<u>Chunky Chicken and Vegetable Soup</u>	Chicken, Ham and Vegetable Frittata	
Tuesday August 18	Mandarin and Turkey Vegetable Salad with Buttermilk Dressing	Turkey Rice Vegetable Soup	Low Fat Turkey BBQ Sandwiches ob Whole Wheat Bread	

Wednesday August 19	<u>Creole Style Healthy Chicken with Black – Eyed Peas and Brown Rice</u>	<u>Tangy Chicken Vegetable and Cabbage Soup</u>	Mexican Chicken Salad with Crunchy Vegetables and Tortillas Chips	
Thursday August 20	Baked Chicken and Vegetables over Sweet Potato Mash	Protein Rich Tandoori Chicken Vegetable Soup	Pork and Macaroni, Vegetable Bake	
Friday August 21	Chicken Mole Tamale Pie	<u>Lentil, Garbanzo, Chicken and Vegetable Soup with Indian Spices</u>	Golden Fish Fillet Burgers (ww buns)	
Monday August 24	Fajita Lasagna with Veggies, Cheese, and Olives	Mediterranean Seafood, Vegetable Soup	Kung Pao Chicken Stir –Fry over Steamed Vegetables	
Tuesday August 25	Blackened Chicken and Vegetable Salad with Croutons	<u>Curry Chicken Vegetable Soup</u>	Parsley-ed Chicken and Ham Pâté Sandwiches	
Wednesday August 26	<u>Caribbean Chicken with Rice and Peas and Healthy Coleslaw</u>	<u>Black Bean Soup with Sausage, Chicken and Fresh Vegetable</u>	Low Salt Corned Beef, Vegetable Quesadillas	
Thursday August 27	Shepherd’s Pie made Health with Ground Chicken and Potatoes	Jamaican Beefy Pepper Pot Stew w/ Sweet Potatoes and Vegetables	Sweet and Sour Chicken Vegetable Salad with Toasted Pita Bread	
Friday August 28	<u>Belizean Stewed Chicken with Ducunu (if available)</u>	Belizean Chirmole with Chicken, Eggs, Vegetables and Tortillas	Sloppy Joes with Whole Wheat Bread	
Monday August 31	<u>Grace Corn and Vegetable Casserole with Beans and Cubed Chicken</u>	Old Fashion Chicken Noodle Vegetable Soup made healthy	Oriental Chicken Vegetable Salad	
Tuesday September 1	<u>BBQ Chicken Breast Vegetable Salad</u>	Chicken and Shrimp Creole with Tasty Vegetables	Chicken and Cheese Garden Vegetable Wrap	
Wednesday September 2	<u>Baked Chicken with Vegetable Lasagna</u>	Chicken and Vegetables Wonton Soup	Baked Fish in Savory sauce over Steamed Vegetables	
Thursday September 3	<u>Greek Chicken and Brown Rice with Raisins Dill</u>	Mexican Chicken Tortilla Soup with Vegetables	Jerked Pork Steak Sub Sandwich with Peppers and Onions	
Friday September 4	<u>Red Beans Chicken and Vegetable Chili served with Corn Tortillas</u>	Belizean Fish Escabeche with Jalapeño and Corn Tortillas	Baked Chicken and Vegetables Tortilla Wrap	

- Options highlighted/underlined in red use some Grace Kennedy, Belize branded ingredients
- 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 203-3660, 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. Regular menu options can be picked up at # 45 New Road for \$9.00 or delivered for \$10.00