



# Healthy Balance Spring/Summer 2011 Dinner Menu

**Weeks of April 18<sup>th</sup>, May 23<sup>rd</sup>, June 27<sup>th</sup>,  
Aug 1<sup>st</sup>, and Sept 5<sup>th</sup>**

## **MONDAY**

*Beef Sloppy Joe, Cauliflower with Cheddar Sauce, Vanilla Pudding, Milk*

## **TUESDAY**

*Shepherd's Pie, Lemon Parsley Carrots, Orange, Milk*

## **WEDNESDAY**

*Florentine Stuffed Shells\* topped with Marinara Sauce, Creamed Peas\*,  
Whole Wheat Roll, Margarine, Milk*

## **THURSDAY**

*Sliced Roasted Turkey Breast, Squash Casserole\*, Spinach, Baked  
Apples, Milk*

## **FRIDAY**

*Potato Crunch Fish, Braised Red Cabbage and Apples, Oatmeal Raisin  
Cookie, Whole Wheat Roll, Margarine, Milk*

## **SATURDAY**

*Pepper Steak over White Rice, Apple, Milk*

## **SUNDAY**

*Oven Baked Chicken Breast topped with Supreme Sauce\* over  
Penne Pasta, Broccoli, Milk*



# Healthy Balance Spring/Summer 2011 Dinner Menu

Weeks of April 25<sup>th</sup>, May 30<sup>th</sup>, July 4<sup>th</sup>,  
Aug 8<sup>th</sup>, and Sept 12<sup>th</sup>

## **MONDAY**

*Honey Lemon Chicken Breast\**, *Field Peas with Snaps*, *Creamed Collards\**, *Tapioca Pudding*, *Milk*

## **TUESDAY**

*Beef Chili*, *Green Beans*, *Cornbread*, *Margarine*, *Orange*, *Milk*

## **WEDNESDAY**

*Barbeque Pork Chop\**, *Baby Lima Beans*, *Creamed Corn\**, *Apricot Oatmeal Bar\**, *Milk*

## **THURSDAY**

*Baked Fish with a Tomato and Breadcrumbs topping*, *Cheesy Brussel Sprouts\**, *Whole Wheat Roll*, *Margarine*, *Cherry Clafoutis*, *Milk*

## **FRIDAY**

*Spanakopita\**, *Brown Rice*, *Carrots and Parsnips*, *Milk*

## **SATURDAY**

*Vegetarian Lasagna\**, *Broccoli*, *Breadstick*, *Peaches and Cream Parfait*, *Milk*

## **SUNDAY**

*General Tso's Chicken\** over *White Rice*, *Milk*



# Healthy Balance Spring/Summer 2011 Dinner Menu

**Weeks of May 2<sup>nd</sup>, June 6<sup>th</sup>, July 11<sup>th</sup>,  
Aug 15<sup>th</sup> and Sept 19<sup>th</sup>**

## **MONDAY**

*Chicken Picatta over Spaghetti Noodles, Green Peas, Milk*

## **TUESDAY**

*Beef Stroganoff over Egg Noodles, Broccoli, Chocolate Chip Cookie, Milk*

## **WEDNESDAY**

*Pork Chop, Calico Beans, Turnip Greens, Cornbread, Margarine, Milk*

## **THURSDAY**

*Lemon Pepper Fish\*, Sugar Snap Peas, Corn Pudding\*, Whole Wheat Roll, Margarine, Apple, Milk*

## **FRIDAY**

*Sliced Roasted Turkey Breast with Gravy, Parsley Potatoes, Carrot Coins, Tapioca Pudding, Milk*

## **SATURDAY**

*Spaghetti with Beef Italian Meatballs, Creamed Spinach\*, Orange, Milk*

## **SUNDAY**

*“Oven Fried” Chicken Breast, Macaroni & Cheese,  
Split Peas and Zucchini, Milk*



# Healthy Balance Spring/Summer 2011 Dinner Menu

**Weeks of May 9<sup>th</sup>, June 13<sup>th</sup>, July 18<sup>th</sup>,  
Aug 22<sup>nd</sup> and Sept 26<sup>th</sup>**

## **MONDAY**

*Pecan Crusted Tilapia over Scarlet Runner Bean Risotto, Green Beans,  
Apple, Milk*

## **TUESDAY**

*Pomegranate Chicken and Rice\*, Brussel Sprouts, Milk*

## **WEDNESDAY**

*Sliced Roasted Turkey Breast topped with Apple Sage Sauce\*, Mashed  
Potatoes, Pickled Beets, Milk*

## **THURSDAY**

*Greek Fish\*, Cranberry Beans, Raisin Sour Cream Bar\*, Milk*

## **FRIDAY**

*Mustard Chicken Breast\*, Spinach, Pinto Beans, Cornbread, Margarine,  
Milk*

## **SATURDAY**

*Beef Bourguignon over Egg Noodles, Braised Red Cabbage and Apples,  
Cherry Clafoutis, Milk*

## **SUNDAY**

*Teriyaki Chicken with Veggies\* over White Rice, Milk*



# Healthy Balance Spring/Summer 2011 Dinner Menu

Weeks of May 16<sup>th</sup>, June 20<sup>th</sup>,  
July 25<sup>th</sup> and Aug 29<sup>th</sup>

## **MONDAY**

*Chopped Steak with Onion Gravy, Mashed Potatoes, Turnip Greens, **Apple Bread\***, Milk*

## **TUESDAY**

*Sliced Roasted Turkey Breast with **Italian Cheese Sauce\*** over **Artichoke Risotto\***, Lemon Parsley Carrots, Chocolate Pudding, Milk*

## **WEDNESDAY**

***Pot Roast with potatoes, carrots and green peas\***, **Cauliflower with Sage Cream Sauce\***, Whole Wheat Roll, Margarine, Orange, Milk*

## **THURSDAY**

***Citrus Glazed Fish\***, Mashed Sweet Potatoes, Sugar Snap Peas, **Peach Crisp\***, Milk*

## **FRIDAY**

*Sliced Roasted Turkey Breast, **Potato Gratin\***, Green Peas, Apple, Milk*

## **SATURDAY**

***Chicken Provençal\*** over **Mushroom Risotto\***, Pickled Beets, Milk*

## **SUNDAY**

*Philly Cheese Steak with Swiss American Cheese, Onions and Peppers on a Hoagie Roll, Sweet Corn, Milk*



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## New Menu Item Descriptions

- *Apple Bread – Delightful whole grain dessert bread made with fresh apples, applesauce, cinnamon, and quinoa. Quinoa is a nutty South American grain and an excellent source of protein*
- *Apple Sage Sauce – Apple and sage are combined for just the right polish to chicken or pork*
- *Apricot Oatmeal Bar – A chewy, moist and flavorful dessert, colorful and inviting*
- *Artichoke Risotto – Creamy Arborio rice with a hint of Parmesan, with tender pieces of artichoke hearts throughout*
- *Barbeque Pork Chop – oven baked pork chop glazed with barbeque sauce that's finger-licking good*
- *Cauliflower with Sage Cream Sauce – Tender cauliflower topped with sage-infused sauce of light dairy products*
- *Cheesy Brussels Sprouts - Brussels sprouts cooked to perfection and enhanced with a golden cheddar cheese sauce*
- *Chicken Provençal– The flavors are bold in this dish from the south of France with white wine, figs, sundried tomatoes, and kalamata olives*
- *Citrus Glazed Fish - Flaky white pollock topped with a sweet yet savory citrus sauce*
- *Corn Pudding – Yellow corn, cream, and eggs exemplify nutritious comfort food*
- *Creamed Collards - Southern twist on the steakhouse staple, creamed collards are made with a bit of onion, cream, and a hint of Parmesan*
- *Creamed Corn - A Southern classic, creamed corn is the marriage of the best of summer and the comfort of home*
- *Creamed Peas – Tender green peas add just the right sweetness to this creamy side dish*
- *Creamed Spinach – Steakhouse classic, creamed spinach has a hint of onion, a little Parmesan cheese, and a luscious sauce*
- *Florentine Stuffed Shells - Ricotta stuffed pasta shells served with hearty marinara sauce*
- *General Tso's Chicken - A moist chicken breast with a unique teriyaki-style sauce with a bit of sweet heat*
- *Greek Fish – Flaky, white Pollock topped with olives, capers, tomatoes, bell peppers and feta cheese to create a Grecian delicacy*
- *Honey Lemon Chicken Breast – A honey and lemon marinade imparts a sweet and tart flavor to this succulent chicken breast*
- *Italian Cheese Sauce – A luscious sauce made from cream cheese and Italian spices*
- *Lemon Pepper Fish – Flaky, white Pollock filet with a zesty lemon pepper topping*
- *Mushroom Risotto– A satisfyingly rich and flavorful side dish made with Arborio rice, mushrooms, Asiago cheese and fresh chives*
- *Mustard Chicken Breast – Chicken breast topped with a delicious sauce made with whole grain and Dijon mustards*
- *Oven Baked Chicken Breast topped with Supreme Sauce - Chicken breast topped with a creamy mushroom sauce*



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- *Peach Crisp*– this dessert is delicious and wholesome, made with oats, whole wheat flour, pecans, brown sugar and cinnamon
- *Pomegranate Chicken and Rice* – A Moroccan and Iranian fusion of chicken and pomegranate, with orange notes for a sweet and savory taste of the Middle East served over flavorful brown rice with raisins, cranberries, and walnuts
- *Pot Roast with potatoes, carrots and green peas*
- *Potato Gratin* – Potatoes in a luscious cream sauce, topped with buttery toasted bread crumbs
- *Raisin Sour Cream Bar* – Crisp and chewy, moist and fruity, complex flavors and great depth in a dessert
- *Spanakopita* - Classic Greek spinach pie, made with spinach, feta, cream cheese, a hint of onion and a little dill
- *Squash Casserole* - Yellow crookneck squash nestled in a creamy sauce and topped with buttery golden bread crumbs
- *Teriyaki Chicken with Veggies* – This traditional Asian dish mixes chicken, vegetables and teriyaki sauce to create a delicious stir fry
- *Vegetarian Lasagna* - Vegetarian lasagna made with ricotta cheese and summer vegetables