



# Healthy Balance Home-Delivered Menu Fall 2010 - Winter 2011

## **MONDAY**

***Chile-Lime Chicken\****, ***Black Turtle Beans\****, *Sweet Corn,*  
*White Roll, Margarine, Pear, Milk*

## **TUESDAY**

*Roast Turkey with Gravy,* ***Asparagus Risotto\****, ***Pickled Beets\****,  
*Whole Wheat Roll, Margarine, Oatmeal Raisin Cookie\*, Milk*

## **WEDNESDAY**

*Chopped Steak with Onion Gravy, Mashed Potatoes, Broccoli,*  
*Whole Wheat Roll, Margarine, Orange, Milk*

## **THURSDAY**

***“Oven Fried” Chicken\****, *Green Beans, Black-eyed Peas,*  
*White Roll, Margarine, Apple, Milk*

## **FRIDAY**

***Baked Fish with Tomatoes\**** over ***Lemon Garlic Orzo\****, *Sugar Snap*  
*Peas, White Roll, Margarine, Cherry Clafoutis\*, Milk*

## **SATURDAY**

***Philly Cheese Steak\**** with *Peppers and Onions,*  
*Sweet Corn, Mixed Fruit Cup, Milk*

## **SUNDAY**

***Chicken Mozzarella\**** over *Spaghetti, Green Peas,*  
*Peaches and Cream Parfait, Milk*



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- **Asparagus Risotto** – a creamy, Italian dish made with Arborio rice, asparagus, Fontina cheese and chives.
- **Baked Fish with Tomatoes** – baked Pollock topped with a chunky tomato sauce and seasoned Panko breadcrumbs.
- **Black Turtle Beans** – small black, kidney-shaped beans with a particularly rich and full flavor. It's a favorite in southern Mexico, South America and the Caribbean.
- **Cherry Clafoutis** – a baked French dessert of cherries covered with a thick flan-like crust made with crunchy almonds.
- **Chicken Mozzarella** - baked chicken breast topped with a marinara sauce and shredded mozzarella cheese.
- **Chile-Lime Chicken** – lime flavored chicken topped with sautéed onions and peppers for a southwest twist.
- **Lemon Garlic Orzo** – this Mediterranean inspired orzo pasta is a yellow color and appropriately full of garlic and lemon flavor.
- **Oatmeal Raisin Cookie** – made with buttery oats, plump raisins, cinnamon spice and Heath® toffee.
- **Oven Fried Chicken** – with no frying involved, oven fried chicken is a deliciously healthy alternative to traditional fried chicken.
- **Philly Cheese Steak** – pleasing Philadelphians for generations, this sandwich is made with sliced beef, mushrooms, onions and peppers on a hoagie roll topped with Swiss American cheese.
- **Pickled Beets** – this traditional southern dish is bright red/purple in color from natural pigments of the beet that provide powerful antioxidant protection.