

new
the old symbol of wellness



Just4U Eat Well Selection

These menu suggestions will be approximately 600 calories or less, with approximately 20 g of fat and 600 mg of sodium or less per plate.

The menu suggestion will reflect the plate only - so do not forget to add some fruit and a serving of dairy (if necessary) to finish off your meal!

Harcombe Spring 2012

Week 3

Lunch

Monday – Try the Chicken Caesar wrap at the Deli station with the rotini grilled vegetable salad at the Pasta station.

Tuesday – The Turkey tetrazzini with broccoli and braised red cabbage at the Homeline station.

Wednesday – The Chicken Nicoise salad at the Exhibition station. Remember – easy on the olives (sodium control!).

Thursday – Make your own stir fry at Nature’s Marketplace with your own variety of fresh veggies! Try the pesto or sun dried tomato pesto with pasta.

Friday – The Grilled tilapia with cilantro rice at the Grill station paired with the crostini panzanella salad at the Pasta station.

Dinner

Monday – The Turkey meatloaf (NO gravy) with roasted red potatoes, cauliflower au gratin and capri blend veggies.

Tuesday - The Turkey burger with mushrooms and swiss at the Grill station paired with the Garden salad at the Pasta station. Try some sliced fruit with this.

Wednesday – Make your own stir fry veggies and pair that with a whole grain of choice at Nature’s Marketplace, then get the Baked tilapia at the Homeline station.

Thursday – Try the Thai Chicken curry with jasmine rice and sautéed bok choy at the Exhibition station.

Friday – For something a little different, try the Paella at the Exhibition station paired with the steamed spinach.

Saturday – Request a Veggie burger at Nature’s Marketplace paired with some sliced grapefruit from the Salad bar station and Caesar salad at the Pasta station.

Sunday – The Linguine and clams in white sauce with the steamed green beans at the Exhibition station paired with a whole piece of fruit.