


# Mystic Valley Elder Services ... Meals on Wheels ... March 2008

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Tomato Sauce Green Beans Buttered Parsley Ziti Bread Fresh Fruit	4 Baked Crumb Topped Mac n Cheese Broccoli Tomato Salad (in cold pack) Bread Apple Cobbler (served in hot compartment)	5 Salisbury Steak Mushroom Gravy Whipped Potatoes Harvard Beets Bread Tapioca Pudding w/tpg	6 Roast Turkey/Gravy Whipped Sweet Potatoes Mixed Vegetables Orange Cranberry Muffin Pineapples	7 Lemon Pepper Fish Lemon Wedge Scalloped Potatoes Brussels Sprouts Bread Chocolate Chip Cookie
10 Pot Roast Brown Gravy Whipped Potatoes Peas and Onions Bread Peaches	11 Pier 17 Fish/Newburg Sce Lemon Wedge Green Beans Red Bliss Potatoes Bread Fresh Fruit	12 Hawaiian Chicken Breast White Rice Parsley Carrots Bread Frosted Birthday Cake	13 <b>St. Patrick's Day Special</b> Corned Beef Stew Boiled Potatoes Golden Biscuit Bread Pudding/Topping Chocolate Gold Coins	14 Cheese Lasagna Tomato Sauce Spinach & Mushrooms Three Bean Medley Bread Applesauce
17 <b>Baked Sliced Ham ***</b> Raisin Sauce Boiled Parsley Potatoes Cabbage & Carrots Bread Pistachio Pudding/Tpg	18 Chicken Noodle Casserole Peas Bread Chef's Choice Dessert	19 Meatloaf Brown Gravy Whipped Potatoes Zucchini Bread Mixed Fruit Cocktail	20 Chicken Paprika/Gravy Sweet Potatoes Green Beans Bread Mandarin Oranges	21 Breaded Fish Cheese Sandwich Tartar Sauce Stewed Tomatoes Oven Roasted Potatoes Hamburger Roll Fresh Fruit
24 Beef Stew Peas Biscuit Ambrosia/Topping	25 Chicken Quarter Supreme Sauce Whipped Potatoes Broccoli Bread Fresh Fruit	26 Crumb Topped Baked Fish/Lemon Butter Sauce Scalloped Potatoes Spinach Bread Peaches	27 <b>Reduced Sodium Hot Dog**</b> Baked Beans Ketchup/Mustard/Relish Country Blend Vegetables Hot Dog Roll Raspberry Mousse/Topping	28 Stuffed Shells/Meatball Tomato Sauce Cauliflower Zucchini Bread Brownie
31 Roast Turkey/Gravy Green Beans Whipped Potatoes Corn Bread Cookie				

*Please help us  
cover costs.  
A donation of  
\$1.50 is suggested.*

To cancel a meal please call  
(781) 324-7705 x 300  
before 11:30 a.m.  
on the previous day.

- Each meal provides 700-800 calories and 1/3 of the RDA.
- Our meals have no salt added and no more than 1200 mg of sodium.
- All meals include 8 oz. of 1% milk and margarine.
- If you are receiving a modified meal, sugar free desserts are substituted when appropriate.
- Menus are subject to change without notice.

**\*\* High Sodium Meal \*\***