

<i><b>WEEK 1</b></i>	<i><b>WEEK 2</b></i>	<i><b>WEEK 3</b></i>	<i><b>WEEK 4</b></i>
<u><b>Monday</b></u> Baked Fish Dill Sauce Zucchini Waxed Beans Multigrain Bread Diet Chocolate Pudding w/Topping	<u><b>Monday</b></u> Beef Stew w/ gravy Boiled Potatoes Spinach Rye Bread Diet Applesauce	<u><b>Monday</b></u> Meat (turkey) sauce w/ ziti Broccoli Italian Blend Vegetables Italian Bread Diet Pistachio Pudding/topping	<u><b>Monday</b></u> Baked Fish with Lemon Sauce Boiled Potatoes Carrots Multigrain Bread Diet Mixed Fruit
<u><b>Tuesday</b></u> Meatloaf with gravy Boiled Potatoes Green Beans White Bread Diet Tropical Mixed Fruit	<u><b>Tuesday</b></u> Chicken ala Orange Orange Sauce Whipped Potatoes Peas White Bread Fig Bars	<u><b>Tuesday</b></u> Baked Fish Lemon Sauce Whipped Sweet Potato Zucchini Multigrain Bread Diet Pears	<u><b>Tuesday</b></u> Cheese Lasagna Meatball Broccoli Summer Squash Italian Bread Diet Tapioca Pudding/Topping
<u><b>Wed. "ColdPlate"</b></u> Vegetable Juice Tuna Salad Macaroni Salad Beet Salad Rye bread Fresh Fruit	<u><b>Wednesday</b></u> Roast Turkey Gravy Brown Rice Green Beans Dinner Roll Fresh Fruit	<u><b>Wednesday</b></u> Chicken Marsala Marsala Sauce Parsley Potato Tuscany Blend Vegetables Wheat Bread Diet Fruited Gelatin w/Topping	<u><b>Wednesday</b></u> Pot Roast Brown Gravy Mashed Sweet Potatoes California Blend Veg. Oatmeal Bread Vanilla Wafers
<u><b>Thursday</b></u> Roast Turkey Turkey Gravy Mashed Sweet Potatoes Peas Oatmeal Bread Diet Fruited Jello/Topping	<u><b>Thursday</b></u> Apple Juice Lemon Pepper Fish Sauce Mashed Butternut Squash Cauliflower & Broccoli Oatmeal Bread Diet Brownie	<u><b>Thursday</b></u> Turkey Broccoli Penne Carrots Lite Rye Bread Diet Mixed Fruit	<u><b>Thursday</b></u> Boneless Stuffed Chicken Breast White Rice Rivera Vegetables Wheat Bread Diet Tapioca Pudding/topping
<u><b>Friday</b></u> Lemon Dijon Chicken Whipped Potatoes Mixed Vegetables Wheat Bread Diet Cinnamon Applesauce	<u><b>Friday</b></u> Boneless Chicken Breast Supreme Sauce Noodles Carrots Wheat Bread Diet Pears	<u><b>Friday</b></u> Pot Roast Onion Gravy Whipped Potatoes Peas Oatmeal Bread Diet Apple Compote	<u><b>Friday</b></u> Pineapple Juice Roast Turkey/Turkey Gravy Whipped Potatoes Mashed Butternut Squash Multigrain Bread Diet Peaches

**MENU WEEK  
ROTATION  
For 2008:**

January 21 – week 2  
January 28 – week 3  
February 4 – week 4  
February 11 – week 1  
February 18 – week 2  
February 25 – week 3  
March 3 – week 4  
March 10 – week 1  
March 17 – week 2  
March 24 – week 3  
March 31 – week 4  
April 7 – week 1  
April 14 – week 2  
April 21 – week 3  
April 28 – week 4  
May 5 – week 1  
May 12 – week 2  
May 19 – week 3  
May 26 – week 4  
June 2 – week 1  
June 9 – week 2  
June 16 – week 3  
June 23 – week 4  
June 30 – week 1  
July 7 – week 2  
July 14 – week 3  
July 21 – week 4  
July 28 – week 1

*Please Help us  
Cover Costs.  
A Donation of  
\$2.00 is suggested*

Please call  
(781) 324-7705  
x 300  
to speak to a  
Nutrition  
team member.

*Mystic Valley  
Elder Services  
Cardiac Menu  
Brown Dot*

**MEALS COME WITH  
8 OZ. SKIM MILK  
AND  
MARGARINE.  
MEALS ARE  
MADE WITH  
LOW FAT,  
LOW SODIUM,  
LOW SUGAR  
INGREDIENTS.**