

<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> Cut Up Stuffed Shells 1 Meatball Waxed Beans Diced Broccoli Italian Bread Chocolate Pudding	<u><b>Monday</b></u> Cut up Turkey Stew Boiled Potatoes Chopped Spinach Rye bread Applesauce	<u><b>Monday</b></u> Meat (turkey) Sauce/Ziti Parmesan Cheese Chopped Broccoli Chopped Italian Blend Veg. Italian Bread Pistachio Pudding/Topping	<u><b>Monday</b></u> Baked Fish Lemon Sauce Diced Boiled Potatoes Diced Carrots Multigrain Bread Diced Mixed Fruit
<u><b>Tuesday</b></u> Meatloaf Boiled Potatoes Diced Green Beans White Bread Tropical Mixed Fruit	<u><b>Tuesday</b></u> Cut Up Chicken ala orange Orange Sauce Whipped Potatoes Peas White Bread Custard	<u><b>Tuesday</b></u> Baked Fish Cheese Sauce Whipped Sweet Potato Diced Zucchini Multigrain Bread Diced Pears	<u><b>Tuesday</b></u> Cut Up Cheese Lasagna Tomato Sauce/meatball Diced Broccoli Diced Summer Squash Italian Bread Diced Pears
<u><b>Wednesday</b></u> "Cold Plate" Vegetable Juice Tuna Salad Diced Macaroni Salad Diced Beet Salad Rye Bread Diced Peaches	<u><b>Wednesday</b></u> American Chop Suey Tomato Sauce Diced Green Beans Italian Bread Diced Tropical Mix Fruit	<u><b>Wednesday</b></u> Cut Up Chicken Marsala Marsala Sauce Diced Parsley Potatoes Diced Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u><b>Wednesday</b></u> Cut Up Pot Roast Brown Gravy Mashed Sweet Potatoes Diced California Blend Vegetables Oatmeal Bread 5 Vanilla Wafers
<u><b>Thursday</b></u> Cut Up Roast Turkey/Gravy Mashed Sweet Potatoes Soft Peas Cranberry Sauce Oatmeal Bread Fruited Jello w/ Topping	<u><b>Thursday</b></u> Lemon Pepper Fish Sauce Mashed Butternut Squash Diced Cauliflower & Broccoli Oatmeal Bread Brownie	<u><b>Thursday</b></u> Cut Up Turkey Broccoli Penne Diced Carrots Lite Rye Bread Diced Mixed Fruit	<u><b>Thursday</b></u> Cut Up Boneless Stuffed Chicken Breast White Rice Diced Rivera Vegetables Wheat Bread Tapioca Pudding w/Topping
<u><b>Friday</b></u> Cut Up Lemon Dijon Chicken Whipped Potatoes Diced Mixed Vegetables Wheat Bread Cinnamon Applesauce	<u><b>Friday</b></u> Cut up Boneless Chicken Breast Supreme Sauce Buttered Noodles Carrots Wheat Bread Diced Pears	<u><b>Friday</b></u> Cut Up Pot Roast Onion Gravy Whipped Potatoes Soft Peas Oatmeal Bread Diced Apple Compote	<u><b>Friday</b></u> Cut Up Roast Turkey Gravy Whipped Potatoes Mashed Butternut Squash Multigrain Bread Diced 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  
if you need to speak  
to a Nutrition team  
member.

*Mystic Valley  
Elder Services  
Chopped/Soft  
Menu  
Yellow Dot*

**ALL MEALS INCLUDE  
1% MILK AND  
MARGARINE.  
ALL GRAVIES  
ARE LOW  
SODIUM.**