

Mystic Valley Elder Services ... Meals on Wheels ... February 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Open Face Chicken Cordon Bleu Herbed Rice/Zucchini Bread Mandarin Oranges	2 Salisbury Steak Brown gravy Whipped Butternut Squash Green and Wax Beans/Biscuit Fresh Fruit	3 American Chop Suey Grated Parmesan Cheese Broccoli & Cauliflower Bread Peaches	4 Roast Pork/Brown gravy Mashed Potatoes Peas & Onions Tossed Salad/Bread Banana Cake	5 Breaded Fish Broccoli Cheese Sauce/Spinach Red Bliss Potatoes Bread Vanilla Pudding/Topping
8 Turkey Broccoli Penne Casserole Carrots Bread Pineapples	9 Baked Crumb Topped Macaroni & Cheese Broccoli /Bread Fresh Fruit	10 Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Bread Chocolate Pudding/topping	11 Valentines Day Special Chicken w/Apple Raisin Bread Stuffing Sweet Potato Spinach & Mushrooms Cinnamon Dinner Roll Raspberry Filled Cookie	12 Salmon Boat w/Lemon Sauce Zucchini Red Bliss Potatoes/Dinner Roll Mandarin Oranges
15 Washington's Birthday	16 Chicken Marsala Parsley Buttered Noodles Green Beans Whole Wheat Roll Pineapples	17 Pier 17 Fish Lemon pepper sauce Red Bliss Potatoes Italian Blend Veg/Bread Frosted Chocolate Birthday Cake w/Sprinkles	18 Reduced Sodium Hot Dog*** Baked Beans Chuckwagon Corn Ketchup/ mustard /relish Hot Dog Roll Pears	19 Crab Cakes Creamy Red Pepper Sauce Mashed Potatoes Brussels Sprouts/Bread Tapioca Pudding/Top
22 Stuffed Pepper Tomato Sauce 3 Bean Medley Carrots/Bread Peaches	23 Pot Roast/Gravy Whipped Potatoes Beets Dinner Roll Pears	24 Baked Chicken/Gravy Cranberry Sauce Green Beans Sweet Potatoes/Bread Fresh Fruit	25 Baked Ziti/Meatball Parmesan Cheese Broccoli Cauliflower Mix/Bread Carnival Cookie	26 Breaded Fish Au gratin Brown Rice Spinach/Bread Vanilla Pudding/Tpg

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.

Food Safety is important – If you do not eat your meal when it is delivered, please refrigerate immediately and re-heat it prior to eating.

**** High Sodium Meal ****