

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u>Monday</u> Meatloaf with Brown Gravy Boiled Potatoes Soft Peas Wheat Bread Diced Tropical Mixed Fruit	<u>Monday</u> Ground Beef Stew Soft Peas White Bread Vanilla Pudding with Whipped Topping	<u>Monday</u> Cut up Baked Ziti with a meatball Parmesan Cheese Spinach Chopped Italian Blend Vegetables Italian Bread Butterscotch Pudding w/ Whipped Topping	<u>Monday</u> Fiesta Fish with Mild Salsa Sauce Diced Boiled Potatoes Diced Carrots Rye Bread Diced Mixed Fruit
<u>Tuesday</u> Ground Chicken with Creamy Italian Sauce Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	<u>Tuesday</u> Macaroni & Cheese Spinach Oatnut Bread Brownie	<u>Tuesday</u> Ground Roast Turkey with Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Diced Mixed Fruit	<u>Tuesday</u> Cut Up Cheese Lasagna with a Meatball Diced Broccoli Summer Squash Italian Bread Diced Pears
<u>Wednesday</u> "Cold Plate" Vegetable Juice Tuna Salad on Rye Bread Diced Potato Salad Diced Beet Salad Diced Peaches	<u>Wednesday</u> Baked fish with Creamy Red Pepper Sauce Diced Broccoli Diced Carrots Wheat bread Diced Pears	<u>Wednesday</u> Ground Chicken Marsala with Gravy Diced O'Brien Potatoes Diced Tuscany Blend Vegetables Wheat Bread Fruited Jello w/ Whipped Topping	<u>Wednesday</u> Ground Baked Chicken Breast With Gravy White Rice Peas Wheat Bread Tapioca Pudding w/ Whipped Topping
<u>Thursday</u> Ground Roast Turkey with Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatnut Bread Fig Bars	<u>Thursday</u> Cut up Stuffed Shells with a Meatball Green Beans Italian Bread Diced Tropical Mixed Fruit	<u>Thursday</u> Baked Fish With Florentine Sauce Whipped Sweet Potato Zucchini Oatnut Bread Applesauce	<u>Thursday</u> Ground Pot Roast with Brown Gravy Mashed Sweet Potatoes Diced Cauliflower Oatmeal Bread 5 Vanilla Wafers
<u>Friday</u> American Chop Suey Zucchini Italian Bread Chocolate Pudding w/ Whipped Topping	<u>Friday</u> Ground Greek Chicken Diced Boiled Potatoes Spinach Rye Bread Diced Peaches	<u>Friday</u> Ground Beef Stir Fry Brown Rice Rye Bread Diced Pears	<u>Friday</u> Ground Turkey Tetrazzini Green Beans Rye Bread Diced Peaches

MENU WEEK ROTATION 2010

April 5 – week 1
 April 12 – week 2
 April 19 – week 3
 April 26 – week 4
 May 3 – week 1
 May 10 – week 2
 May 17 – week 3
 May 24 – week 4
 May 31 – week 1
 June 7 – week 2
 June 14 – week 3
 June 21 – week 4
 June 28 – week 1
 July 5 – week 2
 July 12 – week 3
 July 19 – week 4
 July 26 – week 1
 August 2 – week 2
 August 9 – week 3
 August 16 – week 4
 August 23 – week 1
 August 30 – week 2
 September 6 – week 3
 September 13 – week 4
 September 20 – week 1
 September 27 – week 2

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

Please call (781) 324-7705 x300 if you need to speak to a Nutrition team member.

Mystic Valley Elder Services Ground Menu Blue Dot

ALL GRAVY'S ARE LOW SODIUM. ALL MEALS INCLUDE 1% MILK.