

<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 Peas Wheat Bread Diet Tropical Mixed Fruit	<u>Monday</u> Beef Stew Peas White bread Vanilla Pudding with whipped topping	<u>Monday</u> Baked Ziti with a meatball Spinach Italian Blend Veg. Italian Bread Diet Butterscotch Pudding w/ topping	<u>Monday</u> Fiesta Fish with Mild Salsa Sauce Boiled Potatoes Carrots Rye Bread Diet Mixed Fruit
<u>Tuesday</u> Chicken with Creamy Italian Sauce Penne Pasta Carrots Wheat Bread Diet Cinnamon Applesauce	<u>Tuesday</u> Baked Chicken Breast with Gravy Corn Beets Oatnut Bread Diet Brownie Apple Juice	<u>Tuesday</u> Roast Turkey with Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Diet Mixed Fruit Pineapple Juice	<u>Tuesday</u> Cheese Lasagna with a Meatball Broccoli Summer Squash Italian Bread Diet Pears
<u>Wed."Cold Plate"</u> Vegetable Juice Tuna Salad Potato Salad Beet Salad Rye Bread Diet Peaches	<u>Wednesday</u> Baked Fish w/ crumb topping with lemon sauce Broccoli Lemon Olive Rice Wheat Bread Diet Pears	<u>Wednesday</u> Chicken Marsala with gravy O'Brien Potatoes Tuscany Blend Vegetables Wheat Bread Diet Fruited Jello w/Topping	<u>Wednesday</u> Baked Chicken Breast with Gravy White Rice Peas Wheat Bread Diet Tapioca Pudding/Topping
<u>Thursday</u> Roast Turkey/Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatnut Bread Fig Newtons	<u>Thursday</u> Turkey Vegetable Pasta Bake Green Beans Dinner Roll Fresh Fruit	<u>Thursday</u> Baked Fish w/ Florentine Sauce Whipped Sweet Potatoes Zucchini Oatnut Bread Diet Applesauce	<u>Thursday</u> Pot Roast with Brown Gravy Mashed Sweet Potatoes Cauliflower Oatnut Bread Vanilla Wafers
<u>Friday</u> Lemon Pepper Fish with Lemon Pepper Sauce Corn Zucchini Italian Bread Diet Chocolate Pudding with Whipped Topping	<u>Friday</u> Greek Chicken Boiled Potatoes Spinach Rye Bread Diet Peaches	<u>Friday</u> Beef Stir Fry Brown Rice Peas Rye Bread Diet Peaches	<u>Friday</u> Turkey Tetrizzini Green Beans Rye Bread Diet 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 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.