

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u><b>Monday</b></u> Meatloaf with Brown Gravy Boiled Potatoes Peas Wheat Bread Tropical Mixed Fruit	<u><b>Monday</b></u> Beef Stew Peas White bread Lorna Doones	<u><b>Monday</b></u> Swedish Meatballs w/ Brown Gravy Corn Italian Blend Vegetables Italian Bread 2 Graham Crackers	<u><b>Monday</b></u> Fiesta Fish with a mild Salsa Sauce Boiled Potatoes Carrots Rye Bread Mixed Fruit
<u><b>Tuesday</b></u> Aloha Chicken Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	<u><b>Tuesday</b></u> Baked Chicken Breast w/ Gravy Corn Beets Oatnut Bread Brownie	<u><b>Tuesday</b></u> Roast Turkey w/ Turkey Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Mixed Fruit	<u><b>Tuesday</b></u> Salisbury Steak w/ Brown Gravy Butternut Squash Broccoli Italian Bread Pears
<u><b>Wednesday</b></u> "Cold Plate" Vegetable Juice Tuna Salad on Rye Bread Potato Salad Beet Salad Peaches	<u><b>Wednesday</b></u> Baked Fish with crumb topping Lemon Sauce Broccoli Lemon Olive Rice Wheat Bread Pears	<u><b>Wednesday</b></u> Chicken Marsala w/ Gravy O'Brien Potatoes Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u><b>Wednesday</b></u> Baked Chicken Breast w/ Gravy White Rice Peas Wheat Bread Fruited Gelatin w/ Topping
<u><b>Thursday</b></u> Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatnut Bread Fig Newtons	<u><b>Thursday</b></u> Turkey Vegetable Pasta Bake Green Beans Italian Bread Fresh Fruit	<u><b>Thursday</b></u> Baked Fish with lemon sauce Whipped Sweet Potatoes Zucchini Oatnut Bread Applesauce	<u><b>Thursday</b></u> Pot Roast with Brown Gravy Mashed Sweet Potatoes Cauliflower Oatnut Bread 5 Vanilla Wafers
<u><b>Friday</b></u> American Chop Suey Zucchini Italian Bread Blueberry Waffle Cookies	<u><b>Friday</b></u> Greek Chicken Boiled Potatoes Spinach Rye Bread Peaches	<u><b>Friday</b></u> Beef Stir Fry Brown Rice Rye Bread Pears	<u><b>Friday</b></u> Turkey Tetrazzini (non dairy) Green Beans Rye Bread 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  
if you need to  
speak to a Nutrition  
team member.

*Mystic Valley  
Elder Services  
Low Lactose  
Menu  
Black Dot*

**MEALS COME WITH  
MARGARINE AND  
ARE  
MADE WTH  
LOWFAT  
AND  
LOW SODIUM  
INGREDIENTS.**