

<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> Meatloaf with Brown Gravy Herbed Rice Green & Wax Beans White Bread Diet Pineapple	<u><b>Monday</b></u> Cranberry Juice Beef Stew Peas White Bread Lorna Doone Cookies	<u><b>Monday</b></u> Swedish Meatballs Corn Italian Blend Vegetables Italian Bread Graham Cracker Squares	<u><b>Monday</b></u> Pineapple Juice Baked Fish with Lemon Sauce Buttered Rotini Pasta Carrots Light Rye Bread Diet Mixed Fruit
<u><b>Tuesday</b></u> Apple Juice Aloha Chicken Penne Pasta Honey Glazed Carrots & Parsnips White Bread Diet Cinnamon Applesauce	<u><b>Tuesday</b></u> Apple Juice Baked Chicken Breast With Gravy Corn Beets Light Rye Bread Angel Food Cake	<u><b>Tuesday</b></u> Pineapple Juice Roast Turkey with Gravy Peas Buttered Noodles Light Rye Bread Diet Mixed Fruit	<u><b>Tuesday</b></u> Apple Juice Salisbury Steak with Brown Gravy Butternut Squash Broccoli Italian Bread Diet Pears
<u><b>Wednesday</b></u> ”Cold Plate” Cranberry Juice Tuna Salad Macaroni Salad Beet Salad White Bread Diet Peaches	<u><b>Wednesday</b></u> Pineapple Juice Baked Fish with crumb topping & Lemon Sauce Broccoli Lemon Olive Rice White Bread Diet pears	<u><b>Wednesday</b></u> Apple Juice Chicken Marsala Buttered Ziti Tuscany Vegetable Blend White Bread Diet Fruited Jell-O with whipped topping	<u><b>Wednesday</b></u> Pineapple Juice Baked Chicken Breast With Gravy White Rice Peas White Bread Diet Fruited Jell-O with whipped topping
<u><b>Thursday</b></u> Roast Turkey with Gravy Brown Rice Peas Light Rye Bread Fig Bars	<u><b>Thursday</b></u> Apple Juice Turkey Vegetable Pasta Bake Green Beans Dinner Roll Diet Mixed Fruit	<u><b>Thursday</b></u> Cranberry Juice Baked Fish with Florentine Sauce Carrots Herbed Rice Dinner Roll Diet Applesauce	<u><b>Thursday</b></u> Pot Roast with Brown Gravy Rice Pilaf Cauliflower White Dinner Roll Vanilla Wafers
<u><b>Friday</b></u> Pineapple Juice Lemon Pepper Fish Corn Zucchini Italian Bread Blueberry Waffle Cookie	<u><b>Friday</b></u> Pineapple juice Greek Chicken Brown Rice Carrots Light Rye Bread Diet Peaches	<u><b>Friday</b></u> Beef Stir Fry with Broccoli, Onions & Mushrooms Brown Rice Light Rye Bread Diet Pears	<u><b>Friday</b></u> Cranberry Juice Turkey Tetrazzini Cabbage Light Rye Bread Diet Peaches

**MENU WEEK ROTATION- 2010 - 2011**

October 4 – week 3  
October 11 – week 4  
October 18 – week 1  
October 25 – week 2  
November 1 – week 3  
November 8 – week 4  
November 15 – week 1  
November 22 – week 2  
November 29 – week 3  
December 6 – week 4  
December 13 – week 1  
December 20 – week 2  
December 27 – week 3  
January 3 – week 4  
January 10 – week 1  
January 17 – week 2  
January 24 – week 3  
January 31 – week 4  
February 7 – week 1  
February 14 – week 2  
February 21 – week 3  
February 28 – week 4  
March 7 – week 1  
March 14 – week 2  
March 21 – week 3  
March 28 – week 4

*Please help us cover costs.  
A voluntary confidential 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 Renal Low Protein Menu Pink Dot*

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