

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u>Monday</u> Meatloaf with Brown Gravy Herbed Rice Peas White Bread Diet Pineapple	<u>Monday</u> Cranberry Juice Beef Stew Peas White Bread Lorna Doone Cookies	<u>Monday</u> Swedish Meatballs Corn Italian Blend Vegetables Italian Bread Graham Cracker Squares	<u>Monday</u> Pineapple Juice Baked Fish with Lemon Sauce Buttered Rotini Pasta Carrots Light Rye Bread Diet Mixed Fruit
<u>Tuesday</u> Apple Juice Aloha Chicken Penne Pasta Carrots White Bread Diet Cinnamon Applesauce	<u>Tuesday</u> Apple Juice Baked Chicken Breast With Gravy Corn Beets Light Rye Bread Angel Food Cake	<u>Tuesday</u> Pineapple Juice Roast Turkey with Gravy Peas Buttered Noodles Light Rye Bread Diet Mixed Fruit	<u>Tuesday</u> Apple Juice Salisbury Steak with Brown Gravy Butternut Squash Broccoli Italian Bread Diet Pears
<u>Wednesday</u> "Cold Plate" Cranberry Juice Tuna Salad Macaroni Salad Beet Salad White Bread Diet Peaches	<u>Wednesday</u> Pineapple Juice Baked Fish with crumb topping & Lemon Sauce Broccoli Lemon Olive Rice White Bread Diet pears	<u>Wednesday</u> Apple Juice Chicken Marsala Buttered Ziti Tuscany Vegetable Blend White Bread Diet Fruited Jell-O with whipped topping	<u>Wednesday</u> Pineapple Juice Baked Chicken Breast With Gravy White Rice Peas White Bread Diet Fruited Jell-O with whipped topping
<u>Thursday</u> Roast Turkey with Gravy Brown Rice Green Beans Light Rye Bread Fig Bars	<u>Thursday</u> Apple Juice Turkey Vegetable Pasta Bake Green Beans Dinner Roll Diet Mixed Fruit	<u>Thursday</u> Cranberry Juice Baked Fish with Florentine Sauce Zucchini Herbed Rice Dinner Roll Diet Applesauce	<u>Thursday</u> Pot Roast with Brown Gravy Rice Pilaf Cauliflower White Dinner Roll Vanilla Wafers
<u>Friday</u> Pineapple Juice Lemon Pepper Fish Corn Zucchini Italian Bread Blueberry Waffle Cookies	<u>Friday</u> Pineapple juice Greek Chicken Brown Rice Carrots Light Rye Bread Diet Peaches	<u>Friday</u> Beef Stir Fry Brown Rice Light Rye Bread Diet Pears	<u>Friday</u> Cranberry Juice Turkey Tetrazzini Green Beans Light 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 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.