



# Mystic Valley Elder Services ... Meals on Wheels ... March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey/Gravy Whipped Potatoes Cranberry Sauce Honey Glazed Carrots & Parsnips/Bread Apple Turnover	2 <b>Corn Chowder with crackers</b> Greek Chicken /sauce Lemon olive rice Riviera Vegetable Blend Bread Tapioca Pudding with topping	3 <b>Tomato Soup with crackers</b> Pier 17 Fish Lemon Sauce Tarter Sauce/Spinach Red Bliss Potatoes/Bread Peaches	4 Beef Stew Peas Muffin Pineapples	5 Baked Crumb Topped Macaroni & Cheese Collard Greens Tossed Salad Whole Wheat Roll Fresh Fruit
8 Chicken Paprika/Sauce Parsley Potatoes Broccoli Bread Dark Chocolate Mousse with topping	9 American Chop Suey Grated Parmesan Cheese Green Beans Bread Fresh Fruit	10 ***Ham and Pasta Bake with White Cheese Sauce Carrots Bread Tropical Mixed Fruit	11 <b>Mushroom Soup with crackers</b> Meatloaf/Brown Gravy Mashed Potatoes Beets Bread Frosted Yellow Birthday Cake	12 <b>Seafood Chowder with crackers</b> Crumb Topped Baked Haddock Lemon Butter Sauce Mixed Vegetables/Wild Rice Bread Mandarin Oranges
15 Pot Roast Brown Gravy O'Brien Potatoes Broccoli & Cauliflower Whole Wheat Roll Fresh Fruit	16 <b>Vegetable Barley Soup with crackers</b> Creamy Italian Chicken Creamy Italian sauce Sweet Potatoes Brussels Sprouts Bread Peaches	17 <b>St. Patrick's Day Special CORNED BEEF STEW***</b> <i>Parsley Boiled Potatoes Golden Biscuit Patty's Jello Cake with Whipped Topping</i>	18 <b>Clam Chowder with crackers</b> Baked Haddock Lemon Sauce Rice Pilaf Zucchini & Summer Squash Muffin Mandarin Oranges	19 Cheese Lasagna Tomato Sauce Peas Carrots/Bread Pistachio Pudding with topping
22 Hawaiian Chicken Whipped sweet Potatoes Mixed Vegetables Bread <i>Chef Special Dessert</i>	23 Reduced Sodium Hot Dog*** Baked Beans Ketchup/ mustard /relish Pepper & Onion Hot Dog Roll Butterscotch Pudding with topping	24 <b>Vegetable Barley Soup with crackers</b> Beef Stir Fry Brown Rice Red Pepper, Mushrooms, & Onions Bread Mandarin Oranges	25 Meatball Sub Tomato Sauce Parmesan Cheese Ziti w/Tomato Sauce Spinach Soft Sub Roll Fresh Fruit	26 <b>Tomato Soup with crackers</b> Baked Haddock Creamy Red Pepper Sauce Chuckwagon Corn Broccoli Bread Peaches
29 Roast Pork Roasted Onion/Gravy Mashed Potatoes Peas & Onions Muffin Applesauce	30 <b>Potato Chowder with crackers</b> Salisbury Steak/brown Gravy Whipped Butternut Squash Green and Wax Beans Biscuit Fresh Fruit	31 Turkey Broccoli Penne Casserole Carrots Bread Banana Cake	 <i>Top Of the Morning to You!!!!</i>	

Menus in **BOLD**  
feature our new  
**SOUP** offering!



See menu back for  
reheating  
instructions

### Food Safety

Food safety is important – If you do not eat your meal when it is delivered, please refrigerate immediately and re-heat it prior to eating.

### Please Donate

Please help us cover costs. A donation of \$1.50 is suggested.

### Cancelling Meals

To cancel a meal, please call 781-324-7705 ext. 300 before 11:30 a.m. on the previous day.

### High Sodium Meals

High Sodium Meals are indicated with \*\*\*.