

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<u>Monday</u> Meatloaf with gravy Soft Boiled Potatoes Soft Peas Wheat Bread Tropical Mixed Fruit	<u>Monday</u> Beef Stew Peas White Bread Vanilla Pudding with Whipped Topping	<u>Monday</u> Baked Ziti with a Meatball Parmesan Cheese Spinach Italian Blend Vegetables Italian Bread Butterscotch Pudding/Topping	<u>Monday</u> Fiesta Fish with a Mild Salsa Sauce Boiled Potatoes Carrots Rye Bread Diced Mixed Fruit
<u>Tuesday</u> Bite size chicken in a creamy Italian Sauce Penne Pasta Diced Carrots Wheat Bread Cinnamon Applesauce	<u>Tuesday</u> Macaroni & Cheese Spinach Oatnut Bread Brownie	<u>Tuesday</u> Bite size Roast Turkey w/ Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Diced Mixed Fruit	<u>Tuesday</u> Bite size Cheese Lasagna With a Meatball Broccoli Summer Squash Italian Bread Diced Pears
<u>Wednesday</u> "Cold Plate" Vegetable Juice Tuna Salad on Rye Bread Potato Salad Beet Salad Diced Peaches	<u>Wednesday</u> Baked Fish In a Creamy Red Pepper Sauce Broccoli Carrots Wheat bread Diced Pears	<u>Wednesday</u> Bite size Chicken Marsala w/ Gravy O'Brien Potatoes Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u>Wednesday</u> Bit size Baked Chicken Breast w/ chicken gravy White Rice Peas Wheat Bread Tapioca Pudding w/Whipped Topping
<u>Thursday</u> Bite size Roast Turkey served with Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatnut Bread Fig Bars	<u>Thursday</u> Bite size Stuffed Shells with a Meatball Green Beans Italian Bread Diced Tropical Mixed Fruit	<u>Thursday</u> Baked Fish in a Florentine Sauce Whipped Sweet Potato Zucchini Oatnut Bread Applesauce	<u>Thursday</u> Bite Size Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Diced Cauliflower Oatnut Bread 5 Vanilla Wafers
<u>Friday</u> American Chop Suey Zucchini Italian Bread Chocolate Pudding w/ Whipped Topping	<u>Friday</u> Bite size Greek Chicken Boiled Potatoes Spinach Rye Bread Diced Peaches	<u>Friday</u> Bite size Beef Stir Fry Brown Rice Rye Bread Diced Pears	<u>Friday</u> Bite size Turkey Tetrizzini Green Beans Rye Bread Diced 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 Mechanical Soft Menu Yellow Dot

ALL MEALS INCLUDE 1% MILK AND MARGARINE. ALL GRAVIES ARE LOW SODIUM.