

<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b><u>Monday</u></b> Pureed Meatloaf w/ Brown Gravy Pureed Boiled Potatoes Pureed Peas Mighty Shake Pureed Tropical Mixed Fruit	<b><u>Monday</u></b> Pureed Beef Stew Pureed Peas Mighty Shake Vanilla Pudding with Whipped Topping	<b><u>Monday</u></b> Pureed Baked Ziti w/ a Meatball Parmesan Cheese Pureed Spinach Pureed Italian Blend Veg. Mighty Shake Butterscotch Pudding/Topping	<b><u>Monday</u></b> Pureed Fiesta Fish with a Mild Pureed Salsa Sauce Pureed Boiled Potatoes Pureed Carrots Mighty Shake Pureed Mixed Fruit
<b><u>Tuesday</u></b> Pureed Chicken w/ Creamy Italian Sauce Pureed Penne Pasta Pureed Carrots Mighty Shake Cinnamon Applesauce	<b><u>Tuesday</u></b> Pureed Macaroni & Cheese Pureed Spinach Mighty Shake Chocolate Pudding with whipped topping	<b><u>Tuesday</u></b> Pureed Roast Turkey w/ Gravy Pureed Parsley Potatoes Mashed Butternut Squash Mighty Shake Pureed Mixed Fruit	<b><u>Tuesday</u></b> Pureed Cheese Lasagna with a Pureed meatball Pureed Broccoli Pureed Summer Squash Mighty Shake Pureed Pears
<b><u>Wed."Cold Plate"</u></b> Vegetable Juice Pureed Tuna Salad Pureed Potato Salad Pureed Beet Salad Mighty Shake Pureed Peaches	<b><u>Wednesday</u></b> Pureed Baked Fish with Creamy Red Pepper Sauce Pureed Broccoli Pureed Carrots Mighty Shake Pureed Pears	<b><u>Wednesday</u></b> Pureed Chicken Marsala w/ Gravy Pureed O'Brien Potatoes Pureed Tuscany Blend Vegetables Mighty Shake Jello w/Topping	<b><u>Wednesday</u></b> Pureed Baked Chicken Breast w/ Gravy Pureed White Rice Pureed Peas Mighty Shake Tapioca Pudding w/Whipped Topping
<b><u>Thursday</u></b> Pureed Roast Turkey with Gravy Mashed Sweet Potatoes Pureed Green Beans Cranberry Sauce Mighty Shake Jello w/ Whipped Topping	<b><u>Thursday</u></b> Pureed Stuffed Shells w/ a Pureed Meatball Pureed Green Beans Mighty Shake Pureed Tropical Mixed Fruit	<b><u>Thursday</u></b> Pureed Baked Fish with Florentine Sauce Pureed Sweet Potato Pureed Zucchini Mighty Shake Applesauce	<b><u>Thursday</u></b> Pureed Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Pureed Cauliflower Mighty Shake Jello with Whipped Topping
<b><u>Friday</u></b> Pureed American Chop Suey Pureed Zucchini Mighty Shake Chocolate Pudding w/ Whipped Topping	<b><u>Friday</u></b> Pureed Greek Chicken w/ Sauce Pureed Boiled Potatoes Pureed Carrots Mighty Shake Pureed Peaches	<b><u>Friday</u></b> Pureed Beef Stir Fry w/ Sauce Pureed Brown Rice Mighty Shake Pureed Pears	<b><u>Friday</u></b> Pureed Turkey Tetrazzini w/ Sauce Pureed Green Beans Mighty Shake Pureed Peaches

<b>MENU WEEK ROTATION- 2010</b>
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 Serices Pureed Menu Green Dot*

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