

<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 Rice Carrots 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 Dinner roll Graham Cracker Squares	<u><b>Monday</b></u> Pineapple Juice Baked Fish with Lemon Sauce Buttered Rotini Pasta Carrots/Peas/Corn Light Rye Bread Diet Mixed Fruit
<u><b>Tuesday</b></u> "cold plate" Cranberry Juice Tuna Salad Macaroni Salad Beet Salad White Bread Diet Peaches	<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 Rice Pilaf Peas Italian Bread Diet Pears
<u><b>Wednesday</b></u> Roast Turkey with gravy Brown Rice Peas Light Rye Bread Fig Bars	<u><b>Wednesday</b></u> Pineapple Juice Baked Fish with crumb topping & Lemon Sauce Purple & Green Cabbage Lemon Olive Rice White Bread Diet pears	<u><b>Wednesday</b></u> Apple Juice Chicken Marsala Buttered Noodles Tuscany Vegetable Blend White Bread Diet Fruited Jell-O with whipped topping	<u><b>Wednesday</b></u> Pineapple Juice Baked Chicken Breast/Gravy White Rice Butternut squash White Bread Diet Fruited Jell-O with whipped topping
<u><b>Thursday</b></u> Apple juice Aloha Chicken Penne Pasta Green/Wax Beans, carrots White Bread Diet Cinnamon Applesauce	<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 Brown Rice Dinner Roll Diet Applesauce	<u><b>Thursday</b></u> "cold plate" Apple juice Chicken Salad Garden Salad with Italian Dressing Purple Cabbage Coleslaw Peaches
<u><b>Friday</b></u> Pineapple Juice Lemon Pepper Fish Corn Zucchini Dinner roll 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> BBQ Pulled Beef Buttered Ziti Broccoli, Onions & Mushrooms Light Rye Bread Diet Pears	<u><b>Friday</b></u> Pot Roast with Gravy Buttered Penne Pasta Cauliflower Dinner Roll Vanilla Wafers

<b>MENU WEEK ROTATION- 2011</b>
April 4 – week 1
April 11 – week 2
April 18 – week 3
April 25 – week 4
May 2 – week 1
May 9 – week 2
May 16 – week 3
May 23 – week 4
May 30 – week 1
June 6 – week 2
June 13 – week 3
June 20 – week 4
June 27 – week 1
July 4 – week 2
July 11 – week 3
July 18 – week 4
July 25 – week 1
August 1 – week 2
August 8 – week 3
August 15 – week 4
August 22 – week 1
August 29 – week 2
September 5 – week 3
September 12 – week 4
September 19 – week 1
September 26 – week 2

*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.**