

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u>Monday</u> Cut Up Stuffed Shells 1 Meatball Waxed Beans Diced Zucchini Italian Bread Chocolate Pudding/topping	<u>Monday</u> Ground Beef Bourguignon Sweet Potatoes Peas White bread Custard w/ topping	<u>Monday</u> Ground Ziti w/ Meat (turkey) Sauce Parmesan Cheese Chopped Broccoli Chopped Italian Blend Veg. Italian Bread Butterscotch Pudding/Topping	<u>Monday</u> Baked Fish Lemon Sauce Diced Boiled Potatoes Diced Carrots Rye Bread Diced Mixed Fruit
<u>Tuesday</u> Meatloaf Boiled Potatoes Peas White Bread Diced Tropical Mixed Fruit	<u>Tuesday</u> Ground Turkey Stew Diced Boiled Potatoes Chopped Spinach Rye Bread Peaches	<u>Tuesday</u> Baked Fish Cheese Sauce Whipped Sweet Potato Diced Zucchini Oatmeal Bread Applesauce	<u>Tuesday</u> Cut Up Cheese Lasagna Tomato Sauce/meatball Diced Broccoli Diced Summer Squash Italian Bread Pureed Pears
<u>Wednesday</u> ”Cold <u>Plate</u> ” Vegetable Juice Chicken Salad Diced Potato Salad Diced Beet Salad Rye Bread Diced Peaches	<u>Wednesday</u> Lemon Pepper Fish Sauce Mashed Butternut Squash Diced Beets Oatmeal Bread Brownie	<u>Wednesday</u> Ground Chicken Marsala Diced Parsley Potatoes Diced Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u>Wednesday</u> Ground Baked Chicken Breast White Rice Peas Wheat Bread Tapioca Pudding w/Topping
<u>Thursday</u> Ground Roast Turkey/Gravy Mashed Sweet Potatoes Diced Green Beans Cranberry Sauce Oatmeal Bread Fruited Jello w/ Topping	<u>Thursday</u> American Chop Suey Tomato Sauce Diced Green Beans Italian Bread Diced Tropical Mix Fruit	<u>Thursday</u> Ground Roast Turkey Whipped Potatoes Mashed Butternut Squash Lite Rye Bread Diced Mixed Fruit	<u>Thursday</u> Ground Pot Roast Brown Gravy Mashed Sweet Potatoes Diced California Blend Vegetables Oatmeal Bread 5 Vanilla Wafers
<u>Friday</u> Ground Lemon Dijon Chicken Ground Buttered Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	<u>Friday</u> Ground Chicken Noodle Casserole Chopped Carrots Wheat Bread Pureed Pears	<u>Friday</u> Ground Pot Roast Onion Gravy Rice Pilaf Soft Peas Oatmeal Bread Diced Peaches	<u>Friday</u> Ground Turkey Vegetables Casserole Diced Green Beans Rye Bread Diced Peaches

MENU WEEK ROTATION For 2008 - 2009:

September 15– week 1
 September 22– week 2
 September 29– week 3
 October 6 – week 4
 October 13 – week 1
 October 20 – week 2
 October 27 – week 3
 November 3 – week 4
 November 10– week 1
 November 17– week 2
 November 24– week 3
 December 1 – week 4
 December 8 – week 1
 December 15– week 2
 December 22– week 3
 December 29– week 4
 January 5 – week 1
 January 12 – week 2
 January 19 – week 3
 January 26 – week 4
 February 2 – week 1
 February 9 – week 2
 February 16 – week 3
 February 23 – week 4

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 Ground Menu Blue Dot

ALL GRAVY'S ARE LOW SODIUM. ALL MEALS INCLUDE 1% MILK.