

<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> Pier 17 Fish Corn Zucchini Multigrain Bread Diet Chocolate Pudding w/ topping	<u><b>Monday</b></u> Beef Bourguignon Sweet Potatoes Peas White bread Lorna Doones	<u><b>Monday</b></u> Ziti w/ Meat (turkey) Sauce Broccoli Italian Blend Veg. Italian Bread Diet Butterscotch Pudding w/ topping	<u><b>Monday</b></u> Baked Fish Lemon Sauce Boiled Potatoes Carrots Rye Bread Diet Mixed Fruit
<u><b>Tuesday</b></u> Meatloaf Boiled Potatoes Peas White Bread Diet Tropical Mixed Fruit	<u><b>Tuesday</b></u> Turkey Stew Boiled Potatoes Spinach Rye Bread Diet Peaches	<u><b>Tuesday</b></u> Baked Fish Lemon Sauce Whipped Sweet Potato Zucchini Oatmeal Bread Diet Applesauce	<u><b>Tuesday</b></u> Cheese Lasagna 1 Meatball Broccoli Summer Squash Italian Bread Diet Pears
<u><b>Wed."Cold Plate"</b></u> Vegetable Juice Chicken Salad Potato Salad Beet Salad Rye Bread Diet Peaches	<u><b>Wednesday</b></u> Lemon Pepper Fish Sauce Mashed Butternut Squash Beets Oatmeal Bread Diet Brownie	<u><b>Wednesday</b></u> Chicken Marsala Parsley Potatoes Tuscany Blend Vegetables Wheat Bread Diet Fruited Jello w/Topping	<u><b>Wednesday</b></u> Baked Chicken Breast White Rice Peas Wheat Bread Diet Tapioca Pudding/Topping
<u><b>Thursday</b></u> Roast Turkey/Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatmeal Bread Diet Fruited Jello w/ Topping	<u><b>Thursday</b></u> Roast Turkey w/ gravy Green Beans Brown Rice Dinner Roll Fresh Fruit	<u><b>Thursday</b></u> Roast Turkey Whipped Potatoes Mashed Butternut Squash Lite Rye Bread Pineapple Juice Diet Mixed Fruit	<u><b>Thursday</b></u> Pot Roast Brown Gravy Mashed Sweet Potatoes California Blend Vegetables Oatmeal Bread 5 Vanilla Wafers
<u><b>Friday</b></u> Lemon Dijon Chicken Buttered Penne Pasta Carrots Wheat Bread Diet Cinnamon Applesauce	<u><b>Friday</b></u> Chicken Noodle Casserole Carrots Wheat Bread Diet Pears	<u><b>Friday</b></u> Pot Roast Onion Gravy Rice Pilaf Soft Peas Oatmeal Bread Diet Peaches	<u><b>Friday</b></u> Turkey Vegetables Casserole Green Beans Rye Bread Diet 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  
to speak to a  
Nutrition  
team member.

*Mystic Valley  
Elder Services  
Cardiac Menu  
Brown Dot*

**MEALS COME WITH  
8 OZ. SKIM MILK  
AND  
MARGARINE.  
MEALS ARE  
MADE WITH  
LOW FAT,  
LOW SODIUM,  
LOW SUGAR  
INGREDIENTS.**