

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u>Monday</u> Apple Juice Pier 17 Fish Corn Zucchini Italian Bread Fig Newtons	<u>Monday</u> Cranberry Juice Beef Bourguignon Buttered Rotini Pasta Peas Italian bread Lorna Doones	<u>Monday</u> Swedish Meatballs Brown Rice Italian Blend Veg. Italian Bread Graham Crackers	<u>Monday</u> Pineapple Juice Baked Fish Lemon Sauce Buttered Rotini Pasta Carrots Light Rye Bread Diet Mixed Fruit
<u>Tuesday</u> Meatloaf Rice Pilaf Peas White Bread Diet Pineapple	<u>Tuesday</u> Pineapple Juice Turkey Stew Rice Pilaf Green Beans Light Rye Bread Diet Peaches	<u>Tuesday</u> Cranberry Juice Baked Fish Lemon Butter Sauce Carrots Orzo White Dinner Roll Diet Applesauce	<u>Tuesday</u> Apple Juice Salisbury Steak Pesto Pasta Chuck wagon corn Italian Bread Diet Pears
<u>Wed."Cold Plate"</u> Cranberry Juice Chicken Salad Macaroni Salad Beet Salad Light Rye Bread Diet Peaches	<u>Wednesday</u> Lemon Pepper Fish Sauce Corn Beets Light Rye Bread Angel Food Cake	<u>Wednesday</u> Apple Juice Chicken Marsala Buttered Ziti Tuscany Blend Vegetables White Bread Diet Fruited Jello w/Topping	<u>Wednesday</u> Baked Chicken Breast White Rice Peas White Bread Diet Fruited Gelatin w/ topping
<u>Thursday</u> Roast Turkey/Gravy Brown Rice Green Beans Light Rye Bread Diet Fruited Jello w/ Topping	<u>Thursday</u> Apple Juice Roast Turkey w/ gravy White Rice Zucchini Dinner Roll Diet Mixed Fruit	<u>Thursday</u> Pineapple Juice Roast Turkey Waxed Beans Buttered Noodles Lite Rye Bread Diet Mixed Fruit	<u>Thursday</u> Pot Roast Brown Gravy Rice Pilaf California Blend Vegetables White Dinner Roll 5 Vanilla Wafers
<u>Friday</u> Pineapple Juice Lemon Dijon Chicken Buttered Penne Pasta Carrots White Bread Diet Cinnamon Applesauce	<u>Friday</u> Chicken Noodle Casserole Carrots White Bread Diet Pears	<u>Friday</u> Pot Roast Onion Gravy Rice Pilaf Soft Peas Light Rye Bread Diet Peaches	<u>Friday</u> Cranberry Juice Turkey Vegetables Casserole Green Beans Light 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 if you need to speak to a Nutrition team member.

Mystic Valley Elder Services High Protein Menu Orange Dot

ALL MEALS INCLUDE 4 OUNCES OF 1% MILK AND MARGARINE. ALL GRAVIES ARE LOW SODIUM.