

<i>WEEK 1</i>	<i>WEEK 2</i>	<i>WEEK 3</i>	<i>WEEK 4</i>
<u>Monday</u> Pier 17 Fish Corn Zucchini Italian Bread Fig Newtons	<u>Monday</u> Beef Bourguignon Sweet Potatoes Peas White bread Lorna Doones	<u>Monday</u> Ziti w/ Meat (turkey) Sauce Broccoli Italian Blend Veg. Italian Bread Graham Crackers	<u>Monday</u> Baked Fish Lemon Sauce Boiled Potatoes Carrots Rye Bread Mixed Fruit
<u>Tuesday</u> Meatloaf Boiled Potatoes Peas White Bread Tropical Mixed Fruit	<u>Tuesday</u> Turkey Stew Boiled Potatoes Spinach Rye Bread Peaches	<u>Tuesday</u> Baked Fish Lemon Butter Sauce Whipped Sweet Potato Zucchini Oatmeal Bread Applesauce	<u>Tuesday</u> Salisbury Steak Pesto Pasta Chuck Wagon Corn Italian Bread Pears
<u>Wednesday</u> "Cold Plate" Vegetable Juice Chicken Salad Potato Salad Beet Salad Rye Bread Peaches	<u>Wednesday</u> Lemon Pepper Fish Sauce Mashed Butternut Squash Beets Oatmeal Bread Brownie	<u>Wednesday</u> Chicken Marsala Parsley Potatoes Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u>Wednesday</u> Baked Chicken Breast White Rice Peas Wheat Bread Fruited Gelatin w/ Topping
<u>Thursday</u> Roast Turkey/Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatmeal Bread Fruited Jello w/ Topping	<u>Thursday</u> American Chop Suey Tomato Sauce Green Beans Italian Bread Fresh Fruit	<u>Thursday</u> Roast Turkey Boiled Potatoes Mashed Butternut Squash Lite Rye Bread Mixed Fruit	<u>Thursday</u> Pot Roast Brown Gravy Mashed Sweet Potatoes California Blend Vegetables Oatmeal Bread 5 Vanilla Wafers
<u>Friday</u> Lemon Dijon Chicken Buttered Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	<u>Friday</u> Chicken Noodle Casserole Carrots Wheat Bread Pears	<u>Friday</u> Pot Roast Onion Gravy Rice Pilaf Soft Peas Oatmeal Bread Peaches	<u>Friday</u> Turkey Vegetables Casserole Green Beans Rye Bread 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
Low Lactose
Menu
Black Dot*

**MEALS COME WITH
MARGARINE AND
ARE
MADE WTH
LOWFAT
AND
LOW SODIUM
INGREDIENTS.**