

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<u>Monday</u> Cut Up Stuffed Shells 1 Meatball Waxed Beans Diced Zucchini Italian Bread Chocolate Pudding/topping	<u>Monday</u> Cut up Beef Bourguignon Sweet Potatoes Peas White bread Custard w/ topping	<u>Monday</u> 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 Mixed Fruit
<u>Tuesday</u> Meatloaf Boiled Potatoes Peas White Bread Tropical Mixed Fruit	<u>Tuesday</u> Cut Up 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 Diced Pears
<u>Wednesday</u>"Cold Plate" 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> Cut Up Chicken Marsala Diced Parsley Potatoes Diced Tuscany Blend Vegetables Wheat Bread Fruited Jello w/Topping	<u>Wednesday</u> Cut Up Baked Chicken Breast White Rice Peas Wheat Bread Tapioca Pudding w/Topping
<u>Thursday</u> Cut Up 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> Cut Up Roast Turkey Whipped Potatoes Mashed Butternut Squash Lite Rye Bread Diced Mixed Fruit	<u>Thursday</u> Cut Up Pot Roast Brown Gravy Mashed Sweet Potatoes Diced California Blend Vegetables Oatmeal Bread 5 Vanilla Wafers
<u>Friday</u> Cut Up Lemon Dijon Chicken Buttered Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	<u>Friday</u> Cut up Chicken Noodle Casserole Carrots Wheat Bread Diced Pears	<u>Friday</u> Cut Up Pot Roast Onion Gravy Rice Pilaf Soft Peas Oatmeal Bread Diced Peaches	<u>Friday</u> Cut Up 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
Chopped/Soft
Menu
Yellow Dot*

**ALL MEALS INCLUDE
1% MILK AND
MARGARINE.
ALL GRAVIES
ARE LOW
SODIUM.**