

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

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