

<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> Meatloaf with Brown Gravy Herbed Rice Peas White Bread Diet Pineapple	<u><b>Monday</b></u> Cranberry Juice Beef Stew Peas White Bread Lorna Doone Cookies	<u><b>Monday</b></u> Swedish Meatballs Corn Italian Blend Vegetables Italian Bread Graham Cracker Squares	<u><b>Monday</b></u> Pineapple Juice Baked Fish with Lemon Sauce Buttered Rotini Pasta Carrots Light Rye Bread Diet Mixed Fruit
<u><b>Tuesday</b></u> Apple Juice Aloha Chicken Penne Pasta Carrots White Bread Diet Cinnamon Applesauce	<u><b>Tuesday</b></u> Apple Juice Baked Chicken Breast With Gravy Corn Beets Light Rye Bread Angel Food Cake	<u><b>Tuesday</b></u> Pineapple Juice Roast Turkey with Gravy Peas Buttered Noodles Light Rye Bread Diet Mixed Fruit	<u><b>Tuesday</b></u> Apple Juice Salisbury Steak with Brown Gravy Butternut Squash Broccoli Italian Bread Diet Pears
<u><b>Wednesday</b></u> "Cold Plate" Cranberry Juice Tuna Salad Macaroni Salad Beet Salad White Bread Diet Peaches	<u><b>Wednesday</b></u> Pineapple Juice Baked Fish with crumb topping & Lemon Sauce Broccoli Lemon Olive Rice White Bread Diet pears	<u><b>Wednesday</b></u> Apple Juice Chicken Marsala Buttered Ziti Tuscany Vegetable Blend White Bread Diet Fruited Jell-O with whipped topping	<u><b>Wednesday</b></u> Pineapple Juice Baked Chicken Breast With Gravy White Rice Peas White Bread Diet Fruited Jell-O with whipped topping
<u><b>Thursday</b></u> Roast Turkey with Gravy Brown Rice Green Beans Light Rye Bread Fig Bars	<u><b>Thursday</b></u> Apple Juice Turkey Vegetable Pasta Bake Green Beans Dinner Roll Diet Mixed Fruit	<u><b>Thursday</b></u> Cranberry Juice Baked Fish with Florentine Sauce Zucchini Herbed Rice Dinner Roll Diet Applesauce	<u><b>Thursday</b></u> Pot Roast with Brown Gravy Rice Pilaf Cauliflower White Dinner Roll Vanilla Wafers
<u><b>Friday</b></u> Pineapple Juice Lemon Pepper Fish Corn Zucchini Italian Bread Blueberry Waffle Cookies	<u><b>Friday</b></u> Pineapple juice Greek Chicken Brown Rice Carrots Light Rye Bread Diet Peaches	<u><b>Friday</b></u> Beef Stir Fry Brown Rice Light Rye Bread Diet Pears	<u><b>Friday</b></u> Cranberry Juice Turkey Tetrazzini Green Beans Light Rye Bread Diet Peaches

<b>MENU WEEK ROTATION- 2010</b>
April 5 – week 1 April 12 – week 2 April 19 – week 3 April 26 – week 4 May 3 – week 1 May 10 – week 2 May 17 – week 3 May 24 – week 4 May 31 – week 1 June 7 – week 2 June 14 – week 3 June 21 – week 4 June 28 – week 1 July 5 – week 2 July 12 – week 3 July 19 – week 4 July 26 – week 1 August 2 – week 2 August 9 – week 3 August 16 – week 4 August 23 – week 1 August 30 – week 2 September 6 – week 3 September 13 – week 4 September 20 – week 1 September 27 – week 2

*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 Renal High Protein Menu Orange Dot*

**ALL GRAVY'S ARE LOW SODIUM. ALL MEALS INCLUDE 1% MILK.**