



HOME DELIVERED MEALS CARDIAC MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2010 - 2011		
Monday	Meatloaf (turkey/beef) w/ Brown Gravy Boiled Potatoes Peas Wheat Bread Diet Tropical Mixed Fruit	Beef Stew Peas White bread Lorna Doones	Baked Ziti w/ a Meatball And Parmesan Cheese Spinach Italian Blend Veg. Italian Bread Diet Butterscotch Pudding w/ topping	Fiesta Fish served w/ a Mild Salsa Sauce Boiled Potatoes Carrots Rye Bread Diet Mixed Fruit	Apr. 5 - week 1 Apr. 12 - week 2 Apr. 19 - week 3 Apr. 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 Aug. 2 - week 2 Aug. 9 - week 3 Aug. 16 - week 4 Aug. 23 - week 1 Aug. 30 - week 2 Sept. 6 - week 3 Sept. 13 - week 4 Sept. 20 - week 1 Sept. 27 - week 2	Please help us cover costs. A donation of \$2.50 is requested.	
Tuesday	Chicken with Creamy Italian Sauce Penne Pasta Carrots Wheat Bread Diet Cinnamon Applesauce	Baked Chicken Breast w/ Brown Gravy Corn Beets Oatnut Bread Diet Brownie Apple Juice	Roast Turkey w/ Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Diet Mixed Fruit Pineapple Juice	Cheese Lasagna w/ a Meatball and Tomato Sauce Broccoli Summer Squash Italian Bread Diet Pears			To cancel a meal please call Springwell at (617) 972-5700
Wednesday	<u>"Cold Plate"</u> Vegetable Juice Tuna Salad Potato Salad Beet Salad Rye Bread Diet Peaches	Baked Fish w/ butter crumb topping Broccoli Lemon Olive Rice Wheat Bread Diet Pears	Chicken Marsala w/ a Marsala Sauce O'Brien Potatoes Tuscany Blend Vegetables Wheat Bread Diet Fruited Jell-O w/Topping	Baked Chicken Breast w/ Chicken Gravy White Rice Peas Wheat Bread Diet Tapioca Pudding/Topping		This menu is on a 4-week, rotating schedule. To determine the current week's meals find the calendar week above and find the corresponding menu week to the left.	
Thursday	Roast Turkey/Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatmeal Bread 2 Fig Newtons	Turkey Vegetable Pasta Bake Green Beans Dinner Roll Fresh Fruit	Baked Fish w/ Florentine Sauce Whipped Sweet Potatoes Zucchini Oatnut Bread Diet Applesauce	Pot Roast w/ a Brown Gravy Mashed Sweet Potatoes Cauliflower Oatnut Bread Vanilla Wafers			
Friday	Lemon Pepper Fish w/ Lemon Pepper Sauce Corn Zucchini Italian Bread Diet Chocolate Pudding/topping	Greek Chicken w/ Greek Sauce Boiled Potatoes Spinach Rye Bread Diet Peaches	Beef Stir Fry Brown Rice Red Peppers, Onions, Mushrooms Rye Bread Diet Peaches	Turkey Tetrizzini Green Beans Rye Bread Diet Peaches			