



HOME DELIVERED MEALS MENU JULY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>. To cancel a meal please call (617) 972-5700</p> <p>. ***Higher Sodium Content</p> <p>. Menu subject to change</p> <p>. \$ 1.75 donation per meal requested</p>			<p>1) <b>Independence Day Special</b> Build a Burger Grilled Burger, Lettuce/Tomato/Cheese. Warm Potato Salad, Roasted Mixed Vegetables, Hamburger Roll Blueberry/Strawberry Vanilla Pudding Parfait / Whipped Topping</p>	<p>2) Mild Creole Fish Mashed Potatoes Peas Oatnut Bread Mixed Fruit</p>
<p>5) Independence Day Holiday  No Meal Service</p>	<p>6) American Chop Suey Grated Parmesan Cheese Italian Vegetable Blend Italian Bread Pistachio Pudding / Topping</p>	<p>7) Breaded Fish Broccoli Cheese Sauce Garlic Parsley Potatoes Carrots Multigrain Bread Fresh Fruit</p>	<p>8) Pot Roast w/Brown Gravy Mashed Potatoes Beets Whole Wheat Bread Frosted Chocolate Birthday Cake w/ Vanilla Frosting</p>	<p>9) Oriental Vegetable Soup / Crackers Sweet &amp; Sour Chicken Rice Pilaf Green Beans Rye Bread Mandarin Oranges</p>
<p>12) Meatloaf w/Brown Gravy Sweet Potatoes Broccoli &amp; Cauliflower Whole Wheat Roll Chocolate Pudding / Topping</p>	<p>13) <b>Summer Cold Picnic Day</b> Cold BBQ Chicken, Sliced Mozzarella Cheese, Sliced Red Onions, Cole Slaw Potato Salad, Hamburger Roll Watermelon Mouse w/Chocolate Chips</p>	<p>14) Roast Turkey w/Gravy Corn Bread Stuffing Green Beans Cranberry Sauce Multigrain Bread Pineapple</p>	<p>15) Clam Chowder / Crackers Baked Haddock w/Lemon Sauce Rice Marinara Brussels Sprouts Muffin Mixed Fruit</p>	<p>16) Stuffed Shells Meatball w/Tomato Sauce Zucchini &amp; Summer Squash Tossed Salad w/Lite Italian Dressing Oatnut Bread Fresh Fruit</p>
<p>19) Creamy Italian Chicken O'Brien Potatoes Peas, Mushrooms &amp; Onions Oatnut Bread Chef's Choice Dessert</p>	<p>20) ***Reduced Sodium All Beef Hot Dog Baked beans Mixed Vegetables Hot Dog Roll Pineapple</p>	<p>21) Ratatouille w/Beef White Rice Rye Bread Mandarin Oranges</p>	<p>22) Meatball Sub w/Tomato Sauce Parmesan Cheese Hot Three Beans Summer Squash Soft Sub Roll Fresh Fruit</p>	<p>23) Vegetable Soup / Crackers Macaroni &amp; Cheese Broccoli &amp; Cauliflower w/Tomato Sauce Whole Wheat Roll Fruited Jell-O w/Topping</p>
<p>26) Beef Stew Peas Multigrain Bread Pineapple</p>	<p>27) Lentil Soup / Crackers Cheese Lasagna Meatball &amp; Tomato Sauce Tuscany Style Blend Whole Wheat Roll Pears</p>	<p>28) Turkey Broccoli Penne Casserole Carrots Oatnut Bread Fresh Fruit</p>	<p>29) Stuffed Chicken Breast w/Gravy Mashed Potatoes Spinach Rye Bread Vanilla Pudding / Topping</p>	<p>30) Salmon Boat w/Lemon Sauce Broccoli Red Bliss Potatoes Wheat Bread Brownie</p>