



HOME DELIVERED MEALS MENU February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Stuffed Shells Meatball w/ Tomato Sauce Brussels Sprouts Tossed Garden Salad Lite Italian Dressing Whole Wheat Dinner Roll Chef's Choice Dessert	2) Orzo Vegetable Soup Cheese Burger Ketchup & Mustard Lettuce & Tomato Sweet Potato Wedges Green & Wax Beans Hamburger Roll Vanilla Pudding w/ Topping	3) Potato Crunch Fish w/ Lemon Dill Sauce Tartar Sauce Brown Rice Pilaf Zucchini Muffin Fresh Fruit
6) Turkey Marsala Creamy Parmesan Polenta Parsley Carrots Oatnut Bread Fresh Fruit	7) Minestrone Soup Tuna Noodle Casserole Cauliflower & Green Beans Multigrain Bread Pumpkin Pudding w/ Topping	8) Greek Chicken Lemon Olive Rice Spinach & Mushrooms Corn Bread Loaf Pineapples	9) ***Reduced Sodium All Beef Hot Dog Baked Beans Chuckwagon Corn Ketchup/ Mustard/ Relish Hot Dog Roll Chocolate Chip Loaf	10) Pasta Fagioli Soup Meatloaf w/ Gravy Mashed Potatoes Beets Whole Wheat Dinner Roll Fruited Gelatin w/ Topping
13) Honey Mustard Chicken Whipped Sweet Potato Broccoli & Cauliflower Rye Bread Peaches	14) <u>Valentine's Day Special</u> Hearty Vegetable Soup Roast Turkey w/ Jardinière Gravy Baked Stuffed Potato w/ Broccoli Cheese Sauce Cinnamon Dinner Roll Raspberry Mousse w/ Chocolate Chips	15) Beef Stew Peas Tossed Garden Salad Lite Italian Dressing Corn Bread Tropical Mixed Fruit	16) Italian Garden Vegetable Soup Salmon Boat w/ Lemon Dill Sauce Diced Carrot Barley Pilaf Spinach Multigrain Bread Fresh Fruit	17) Cheese Lasagna Meatball w/ Tomato Sauce Parmesan Cheese Vegetable Medley Whole Wheat Bread Peanut Butter Cookie
20) President's Day Holiday No Meal Service	21) Beef Burgundy Creamy Parmesan Polenta Roasted Mixed Vegetables Garlic Whole Wheat Roll Mixed Berry Pudding w/ Topping	22) Baked Macaroni & Cheese Broccoli & Cauliflower Marinara Whole Wheat Bread Peaches	23) Pasta Fagioli Soup Creamy Italian Chicken Mashed Potatoes Green & Waxed Beans Multigrain Bread Crumb Cake Loaf	24) Seafood Chowder Baked Fish w/ Lemon Sauce Orzo Pilaf Lima Beans & Corn Rye Bread Fresh Fruit
27) Pot Roast w/ Onion & Mushroom Gravy Mashed Potatoes Harvard Beets Multigrain Bread Oatmeal Raisin Cookie	28) Potato Kale Soup Chicken w/ Gravy Apple Raisin Bread Stuffing Butternut Squash Rye Bread Fresh Fruit	29) American Chop Suey Parmesan Cheese Italian Vegetable Blend Tossed Garden Salad w/ Lite Dressing Oat Dinner Roll Tapioca Pudding w/ Topping	. To cancel a meal please call (617) 972-5700 . ***Higher Sodium Content . Menu subject to change . \$ 1.75 donation per meal requested	