



RUSSIAN HOME DELIVERED MEALS MENU JULY 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <ul style="list-style-type: none"> ▪ To cancel a meal please contact Springwell at (617) 972-5700 ▪ A \$2.50 donation per meal is requested ▪ Menu subject to change | | | 1) Stuffed Cabbage White Rice Normandy Vegetables Rye Bread Mixed Fruit Cocktail | 2) Baked Fish w/Dill Sauce Boiled Potato Brussels Sprouts Rye Bread Fresh Fruit |
| 5) Independence Day Holiday No Meal Service | 6) Beef Kabobs White Rice Peas and Pearl Onions Russian Wheat Bread Fresh Fruit | 7) Baked Fish Sweet Potato Zucchini w/Red Peppers Rye Bread Fresh Fruit | 8) Russian Beef Patty w/gravy Buckwheat Kasha Steamed Carrots Peterburgski Bread Chilled Pineapples | 9) Baked Fish Florentine Roasted Red Potatoes Collard Greens Rye Bread Birthday Cake |
| 12) Veal Cutlet w/Mushroom Sauce Mashed Potato Green Beans w/Red Peppers Wheat Bread Fresh Fruit | 13) Chicken Patachiki Buckwheat Kasha Steamed Broccoli Wheat Bread Chilled Peaches | 14) Baked Fish Boiled Potato Steamed Baby Carrots Multi-Grain Roll Fresh Fruit | 15) Meatloaf w/Brown Gravy Buttered Egg Noodles Brussels Sprouts Rye Bread Chilled Pears | 16) Fish Cakes Dill Roasted Potatoes Harvard Beets Rye Bread Brownie |
| 19) Sausage & Sauerkraut w/Onions & Peppers Parsley Boiled Potato Italian Vegetables Wheat Roll Fresh Fruit | 20) Meatball Stroganoff Buttered Egg Noodles Green Beans w/Red Peppers Wheat Bread Chilled Peaches | 21) Baked Fish Mashed Potato Brussels Sprouts Peterburgski Bread Fresh Fruit | 22) Roasted Chicken Buckwheat Kasha Corn w/ Red Peppers Wheat Roll Fresh Fruit | 23) Baked Fish w/ Diced Tomato Boiled Red Potato Peas & Pearl Onions Rye Bread Marble Cake |
| 26) Chicken Kiev w/ Butter Sauce Buttered Egg Noodles Sautéed Spinach Wheat Roll Fresh Fruit | 27) Beef & Eggplant Buckwheat Kasha Green Beans w/Red Peppers Dark Rye Bread Mandarin Oranges | 28) Baked Fish Boiled Potato Peas & Pearl Onions Rye Bread Fresh Fruit | 29) Russian Yorky Stew Rice Pilaf Harvard Beets Wheat Bread Chilled Pineapples | 30) New England Fried Fish Sweet Potato Broccoli w/Red Peppers Dark Rye Bread European Cookie |