



HOME DELIVERED MEALS GROUND MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2011 – 2012	
Monday	Meatloaf w/ LS Brown Gravy Mashed Potatoes Diced Carrots Wheat Bread Diced Tropical Mixed Fruit	Beef Stew w/ Carrots, Corn, Onions & Potato Peas White Bread Vanilla Pudding w/ Whip Topping	Ziti w/ Ground Beef Marinara Parmesan Cheese Spinach Diced Italian Blend Vegetables Dinner Roll Butterscotch Pudding w/ Whip Topping	Fiesta Fish LS Mild Salsa Sauce Boiled Potatoes Diced Carrots Rye Bread Diced Mixed Fruit	Oct. 3 – week 3 Oct. 10 – week 4 Oct. 17 – week 1 Oct. 24 – week 2 Oct. 31 – week 3 Nov. 7 – week 4 Nov. 14 – week 1 Nov. 21 – week 2 Nov. 28 – week 3 Dec. 5 – week 4 Dec. 12 – week 1 Dec. 19 – week 2 Dec. 26 – week 3 Jan. 2 – week 4 Jan. 9 – week 1 Jan. 16 – week 2 Jan. 23 – week 3 Jan. 30 – week 4 Feb. 6 – week 1 Feb. 13 – week 2 Feb. 20 – week 3 Feb. 27 – week 4 March 5 – week 1 March 12 – week 2 March 19 – week 3 March 26 – week 4 April 1 – week 1 April 9 – week 2 April 16 – week 3 April 23 – week 4	Please help us cover costs. A donation of \$2.50 is requested.
Tuesday	<u>"Cold Plate"</u> Vegetable Juice Tuna Salad on Rye Bread Diced Summer Potato Salad Diced Beet Salad Diced Peaches	Macaroni & Cheese Spinach Oatnut Bread Brownie	Roast Turkey w/ LS Chicken Gravy Mashed Potatoes Mashed Butternut Squash & Cinnamon Rye Bread Diced Mixed Fruit	Cut Up Cheese Lasagna w/ a Meatball LS Tomato Sauce Spinach Peas Italian Bread Diced Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	Bite Size Roast Turkey w/ LS Chicken Gravy Mashed Sweet Potatoes Soft Peas Cranberry Sauce Oatnut Bread 2 Fig Bars	Baked Fish (Haddock unbreaded) w/ a Creamy Red Pepper Sauce Purple Cabbage Mashed Potatoes Wheat bread Diced Pears	Chicken Marsala w/ Mushrooms LS Marsala Gravy Diced Buttered Noodles Diced Tuscany Blend Wheat Bread Fruited Jell-O w/ Whip Topping	Baked Chicken Breast LS Gravy Brown Rice Butternut Squash Wheat Bread Tapioca Pudding w/ Whip 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	Bite Size Chicken Breast, w/LS Creamy Italian Sauce Soft Penne Pasta Diced Green, Wax Beans & Carrots Wheat Bread Cinnamon Applesauce	Cut up Stuffed Shells w/ a Meatball LS Tomato Sauce Diced French Green Beans Dinner Roll Diced Tropical Mixed Fruit	Baked Fish w/ LS Florentine Sauce O'Brien Potatoes Diced Carrots Oatnut Bread Applesauce	<u>"Cold Plate"</u> Vegetable Juice Chicken Salad on Hamburger Roll Diced Pasta Salad Diced Purple Cabbage Coleslaw Diced Peaches		All Entrees on this menu are ground into a consistency safe for this diet plan
Friday	American Chop Suey w/ LS Tomato Sauce Diced Zucchini Dinner Roll Chocolate Pudding w/Topping	Bite Size Greek Chicken Diced Garlic, Parsley Potatoes Zucchini Rye Bread Diced Peaches	Chopped BBQ Pulled Beef Brown Rice Diced Broccoli, Onions, Mushroom Rye Bread Diced Pears	Pot Roast LS Brown Gravy Mashed Potatoes Green Beans Oatnut Bread Vanilla Wafers		Meals come with low fat milk, and margarine, and are made with low fat, low sodium, and low sugar ingredients.