



HOME DELIVERED MEALS GROUND MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2010 - 2011	
Monday	Meatloaf w/ Brown Gravy Boiled Potatoes Soft Peas Wheat Bread Diced Tropical Mixed Fruit	Ground Beef Stew w/ carrots, corn, onions & potato Soft Peas White Bread Custard w/ Whip Topping	Cut up Baked Ziti w/ a Meatball Parmesan Cheese Spinach Chopped Italian Blend Vegetables Italian Bread Butterscotch Pudding w/ Whip Topping	Fiesta Fish (unbreaded Fish Loin) w/ side of Mild Salsa Sauce Diced Boiled Potatoes Diced Carrots Rye Bread Diced 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	Ground Chicken w/ a Creamy Italian Sauce Penne Pasta Diced Carrots Wheat Bread Cinnamon Applesauce	Macaroni & Cheese Spinach Oatnut Bread Brownie	Ground Roast Turkey w/ Gravy Parsley Potatoes Mashed Butternut Squash Rye Bread Diced Mixed Fruit	Cut Up Cheese Lasagna w/ a Meatball & side of Marinara Sauce Diced Broccoli Summer Squash Italian Bread Diced Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	<u>"Cold Plate"</u> Vegetable Juice Tuna Salad on Rye Bread Diced Potato Salad Diced Beet Salad Diced Peaches	Baked fish (Haddock unbreaded) w/ a Creamy Red Pepper Sauce Diced Broccoli Diced Carrots Wheat bread Diced Pears	Ground Chicken Marsala w/ Gravy Diced O'Brien Potatoes Diced Tuscany Blend Vegetables Wheat Bread Fruited Jell-O w/ Whip Topping	Ground Baked Chicken Breast w/ Side of Gravy White Rice Peas 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	Ground Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatnut Bread Zucchini	Cut up Stuffed Shells w/ a Meatball and side of Marinara Sauce Green Beans Italian Bread Diced Tropical Mixed Fruit	Baked Fish (Unbreaded Fish Loin) w/ side of Florentine Sauce Whipped Sweet Potato Zucchini Oatnut Bread Applesauce	Ground Pot Roast w/ Side of Brown Gravy Mashed Sweet Potatoes Cauliflower Oatmeal Bread 5 Vanilla Wafers		Meals come with low fat milk, and margarine, and are made with low fat, low sodium, and low sugar ingredients.
Friday	American Chop Suey w/ ground beef and side of marinara sauce Zucchini Italian Bread Chocolate Pudding w/top	Ground Greek Chicken Diced Boiled Potatoes Spinach Rye Bread Diced Peaches	Ground Beef Stir Fry Brown Rice Red Pepper, Onions, Mushroom Rye Bread Diced Peaches	Ground Turkey Tetrazzini Green Beans Rye Bread Diced Peaches		