



HOME DELIVERED MEALS LOW LACTOSE MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2011 – 2012	
Monday	Meatloaf w/ LS Brown Gravy Rice Carrots Wheat Bread Tropical Mixed Fruit	Beef Stew w/ Carrots, Corn, Onions & Potato Peas White Bread Lorna Doones	Ziti w/ Ground Beef Marinara Spinach Italian Blend Vegetables Dinner Roll Graham Crackers	Fiesta Fish LS Mild Salsa Sauce Boiled Potatoes Carrots Rye Bread 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 Summer Potato Salad Beet Salad Peaches	Baked Chicken Breast LS Chicken Gravy Corn Spinach Oatnut Bread Brownie	Roast Turkey w/ LS Chicken Gravy Mashed Potatoes Mashed Butternut Squash & Cinnamon Rye Bread Mixed Fruit	Salisbury Steak LS Brown Gravy Rice Pilaf Spinach Italian Bread 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 Newtons	Baked Fish (Haddock unbreaded) w/ Butter Crumb Topping Purple Cabbage Lemon Olive Rice Wheat bread Pears	Chicken Marsala w/ Mushrooms LS Marsala Gravy Margarine Noodles Tuscany Blend Wheat Bread Fruited Jell-O	Baked Chicken Breast LS Gravy Brown Rice Butternut Squash Wheat Bread Fruit Gelatin 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	Aloha Chicken LS Sauce Penne Pasta Green, Wax Beans & Carrots Wheat Bread Cinnamon Applesauce	Turkey Vegetable Pasta Bake French Green Beans Dinner Roll Fresh Fruit	Baked Fish w/ LS Lemon Butter Sauce O'Brien Potatoes Carrots Oatnut Bread Applesauce	<u>"Cold Plate"</u> Vegetable Juice Chicken Salad on Hamburger Roll Pasta Salad Purple Cabbage Coleslaw Peaches		Meals come with lactaid, and margarine, and are made with low fat, low sodium, and low sugar ingredients.
Friday	American Chop Suey w/ LS Tomato Sauce Zucchini Dinner Roll Blueberry Waffle Cookie	Dairy Free Lemon Greek Chicken Sauce Garlic, Parsley Potatoes Zucchini Rye Bread Peaches	BBQ Pulled Beef Brown Rice Broccoli, Onions, Mushroom Rye Bread Pears	Pot Roast LS Brown Gravy Mashed Potatoes Green Beans Oatnut Bread Vanilla Wafers		