



HOME DELIVERED MEALS LOW LACTOSE MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2010 - 2011	
Monday	Meatloaf Boiled Potatoes Peas White Bread Tropical Mixed Fruit	Our Beef Stew Peas White bread Lorna Doones	Swedish Meatballs w/ Brown Gravy Brown Rice Italian Blend Vegetables Italian Bread 2 Graham Crackers	Fiesta Fish (unbreaded) served with a mild Salsa Boiled Potatoes Zucchini Rye Bread 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	Chicken Paprika served w/ sauce Penne Pasta Carrots Wheat Bread Cinnamon Applesauce	Baked Chicken Breast w/ Gravy Corn Beets Oatnut Bread Brownie	Roast Turkey w/ Turkey Gravy Boiled Potatoes Mashed Butternut Squash Rye Bread Mixed Fruit	Salisbury Steak w/ Brown Gravy Oil Based Pesto Pasta Chuck Wagon Corn Italian Bread Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	<u>"Cold Plate"</u> Vegetable Juice Tuna Salad lite mayo on Rye Bread Potato Salad Beet Salad Peaches	Baked Fish (unbreaded) w/ margarine crumb topping Lemon Wedge Broccoli Lemon Olive Rice Wheat Bread Pears	Chicken Marsala w/ Gravy Parsley Potatoes Tuscany Blend Vegetables Wheat Bread Fruited Jell-O w/Topping	Baked Chicken Breast w/ Gravy White Rice Rice Wheat Bread Fruited Gelatin w/ 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	Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Beans Cranberry Sauce Oatmeal Bread Angel Food Cake	Turkey Vegetable Pasta Bake Zucchini Italian Bread Fresh Fruit	Baked Fish (unbreaded) served w/ a margarine lemon sauce Whipped Sweet Potatoes Zucchini Oatnut Bread Applesauce	Pot Roast Brown Gravy Mashed Sweet Potatoes California Blend Vegetables Oatnut Bread 5 Vanilla Wafers		Meals come with lactaid, and margarine, and are made with low fat, low sodium, and low sugar ingredients.
Friday	Lemon Pepper Fish Corn Zucchini Italian Bread 2 Fig Newtons	Greek Chicken (Lemon Style) Boiled Potatoes Spinach Rye Bread Peaches	Beef Stir Fry Brown Rice Peas Rye Bread Peaches	Turkey Tetrizzini Pasta (non dairy) Green Beans Rye Peaches		