



HOME DELIVERED MEALS MECHANICAL SOFT MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2010 - 2011	
Monday	Meatloaf with gravy Soft Boiled Potatoes Soft Peas Wheat Bread Tropical Mixed Fruit	Our Beef Stew bite size Soft Peas White Bread Custard w/ Whip Topping	Baked Ziti with a Meatball Parmesan Cheese Spinach Italian Blend Vegetables Italian Bread Butterscotch Pudding/Topping	Fiesta Fish (unbreaded) served with a Mild Salsa Soft Boiled Potatoes Soft Carrots 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	Bite size chicken in a creamy Italian Sauce Penne Pasta Soft Carrots Wheat Bread Cinnamon Applesauce	Macaroni & Cheese Spinach Oatnut Bread Brownie	Bite size Roast Turkey w/ Gravy Whipped Potatoes Mashed Butternut Squash Rye Bread Mixed Fruit	Bite size Cheese Lasagna Tomato Sauce/meatball Soft Broccoli Soft Summer Squash Italian Bread Soft Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	<i>“Cold Plate”</i> Vegetable Juice Tuna Salad with lite mayo served on Rye Bread Potato Salad Soft Beet Salad Diced Peaches	Baked Fish (unbreaded) In a Creamy Red Pepper Sauce Soft Broccoli Soft Carrots Wheat bread Pears	Bite size Chicken Marsala w/ Gravy Soft Parsley Potatoes Tuscany Blend Vegetables Wheat Bread Fruited Jell-O w/Topping	Bit size Baked Chicken Breast w/ chicken gravy White Rice Soft 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	Bite size Roast Turkey served with Gravy Mashed Sweet Potatoes Soft Green Beans Cranberry Sauce Oatmeal Bread Angel Food Cake	Bite size Stuffed Shells with a Meatball served with Marinara Sauce Soft Green Beans Italian Bread Tropical Mix Fruit	Baked Fish (unbreaded) in a Florentine Sauce Whipped Sweet Potato Soft Zucchini Oatmeal Bread Applesauce	Bite Size Pot Roast w/ 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 Side of Tomato Sauce Soft Waxed Beans Italian Bread Chocolate Pudding w/ Whip Topping	Bite size Greek Chicken Boiled Potatoes Spinach Rye Bread Peaches	Bite size Beef Stir Fry Brown Rice Soft Peas Rye Bread Peaches	Bite size Turkey Tetrizzini Soft Green Beans Rye Bread Peaches		