



HOME DELIVERED MEALS MENU AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2) Macaroni & Cheese Spinach & Mushroom Multigrain Bread Tropical Mixed Fruit	3) Breaded Fish & Cheese Chuckwagon Corn Mixed Vegetables Hamburger Roll Vanilla Cake w/ Chocolate Frosting	4) Cream of Tomato Soup Meatloaf w/Gravy Mashed Potatoes Green Beans Oatnut Bread Raspberry Mouse / Topping	5) BBQ Baked Chicken Summer Squash Roast Sweet Potato Rye Bread Pineapple	6) Chicken Breast w/Gravy Diced Potatoes w/ Cream Sauce Peas & Carrots Cranberry/Orange Muffin Fresh Fruit
9) Cannelloni w/Cream Sauce Zucchini & Summer Squash Three Bean Medley Wheat Bread Mandarin Oranges	10) BBQ Pulled Beef Mashed Potatoes Carrots, Green Beans & Corn Bulkie Roll Fresh Fruit	11) Pier 17 Fish/Lemon Pepper Sauce Red Bliss Potatoes Peas & Onions Rye Bread Butterscotch Pudding / Topping	12) Beef Stir Fry Rice Marinara Carrots & Broccoli with Mushrooms and Onions Oatnut Bread Pears	13) Vegetable Pasta Soup / Crackers Chicken Parmesan w/Tomato Sauce Garlic Parsley Potatoes Italian Green Beans Multigrain Bread Angel Food Cake w/Strawberries
16) Florentine Baked Haddock Whipped Potatoes Spinach Oatnut Bread Peaches	17) Cold Plate Corn Chowder w/Crackers Grilled Chicken Waldorf Salad w/Raspberry Vinaigrette Potato Salad Cinnamon Dinner Roll Ambrosia	18) Baked Vegetable Ziti w/Sauce Parmesan Cheese Broccoli Carrots Whole Wheat Bread Chef's Choice Dessert	19) ***Reduced Sodium All Beef Hot Dog Baked Beans Green Beans Hot Dog Roll Fresh Fruit	20) Beef Stew Peas Multigrain Bread Apple Sauce
23) Greek Chicken w/Sauce Lemon Olive Rice Spinach & Chickpeas Wheat Bread Tapioca Pudding / Topping	24) American Chop Suey Salad w/Lite Italian Dressing Zucchini Whole Wheat Roll Carnival Cookie	25) Veal Marsala Red Bliss Potatoes Green Beans with Olive Oil & Tomatoes Oatnut Bread Fresh Fruit	26) Broccoli Cheese Soup Roast Turkey w/Gravy Cranberry Sauce Sweet Potatoes Mixed Vegetables Muffin Tropical Fruit Mix	27) Haddock w/Lemon Butter Sauce Broccoli & Cauliflower Potatoes w/Cream Sauce Rye Bread Peaches
30) Cheese Lasagna Meatball w/Tomato Sauce Peas & Mushrooms Wheat Bread Brownie	31) Pot Roast w/ Onion Gravy Garlic Mashed Potatoes Carrots Rye Bread Pineapples		<p>. To cancel a meal please call (617) 972-5700</p> <p>. ***Higher Sodium Content</p> <p>. Menu subject to change</p> <p>. \$ 1.75 donation per meal requested</p>	