



RUSSIAN HOME DELIVERED MEALS MENU February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Baked Fish Buckwheat Kasha Italian Blend Vegetables Whole Wheat Roll Fresh Fruit	2) Roast Beef w/Gravy Buttered Egg Noodles Mixed Vegetables Dinner Roll Vanilla Pudding	3) Lamb Stew Seasoned Baked Potato Cauliflower w/Red Peppers Multi-Grain Bread Chilled Pears
6) Meatball Stroganoff White Rice Italian Blend Vegetables Italian Bread Chocolate Pudding	7) Veal w/ Gravy Buckwheat Kasha Corn with Red Peppers Rye Bread Fresh Fruit	8) Chicken Kotelesky Mashed Potatoes Carrots Wheat Bread Snack Loaf	9) Salmon w/ Dill Sauce Rice Pilaf Green Peas Multi-Grain Roll Fresh Fruit	10) Meatloaf w/ Gravy Roasted Red Potatoes Capri Blend Vegetables Wheat Bread Fresh Fruit
13) Roast Turkey w/ Gravy Dill Roasted Potatoes Mixed Vegetables Multi-Grain Bread Fresh Fruit	14) Russian Yorky Stew White Rice Green Beans w/Red Peppers Dinner Roll Valentine Heart Cookie	15) Beef Stroganoff Whipped Potatoes Spinach Rye Bread Vanilla Pudding	16) Chicken Kiev & Butter Sauce Buckwheat Kasha Broccoli & Cauliflower Wheat Bread Dried Fruit Mix	17) Russian Beef Patty w/ Gravy Pasta Du Jour Carrots Italian Bread Fresh Fruit
20) Presidents' Day Holiday No Meal Service	21) Chicken Kotelesky Penne Pasta Broccoli Wheat Bread Chilled Peaches	22) Mushroom Stuffed Pollock Buckwheat Kasha Green Peas Multi-Grain Bread Fresh Fruit	23) Sausage & Sauerkraut w/Peppers & Onions Penne Pasta California Blend Vegetables Whole Wheat Roll Fresh Fruit	24) Baked Fish w/ Dill Sauce Vegetable Rice Pilaf Broccoli with Red Pepper Wheat Bread Vanilla Pudding
27) Chicken Patachiki Boiled Potatoes Spinach Multi-Grain Roll Fresh Fruit	28) Beef and Eggplant Buttered Egg Noodles Mixed Vegetables Rye Bread Vanilla Pudding	29) Chicken Kiev & Butter Sauce Roasted Red Potatoes Collard Greens Multi-Grain Bread Birthday Cake	\$2.50 donation per meal is requested To cancel meal please contact Springwell at (617) 972-5700 Menu subject to change.	