



RUSSIAN HOME DELIVERED MEALS MENU AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2) Beef Stroganoff Buttered Egg Noodles Fiesta Vegetables Wheat Bread Fresh Fruit	3) Baked Chicken w/Gravy Kasha Buckwheat Normandy Vegetables Wheat Bread Chilled Pineapples	4) Baked Fish Rice Pilaf Brussels Sprouts Rye Bread Fresh Fruit	5) Lamb Stew Parsley Boiled Potato Steamed Carrots Wheat Roll Fresh Fruit	6) Couibiac Salmon Whipped Sweet Potato Steamed Broccoli Wheat Roll Vanilla Pudding
9) Baked Ham Buckwheat Kasha Fiesta Vegetables Wheat Bread European Cookie	10) Chicken Koteleky Boiled Potato Sliced Carrots Russian Rye Bread Mandarin Oranges	11) Baked Fish Russian Fries Green Beans w/Red Peppers Peterburgski Bread Fresh Fruit	12) Stuffed Cabbage White Rice Normandy Vegetables Rye Bread Mixed Fruit Cocktail	13) Baked Fish w/Dill Sauce Boiled Potato Brussels Sprouts Rye Bread Fresh Fruit
16) Chicken Tuscany Whipped Potatoes Sautéed Spinach Rye Bread Fresh Fruit	17) Beef Kabobs White Rice Peas and Pearl Onions Russian Wheat Bread Fresh Fruit	18) Baked Fish Sweet Potato Zucchini w/Red Peppers Rye Bread Fresh Fruit	19) Russian Beef Patty w/gravy Buckwheat Kasha Steamed Carrots Peterburgski Bread Chilled Pineapples	20) Baked Fish Florentine Roasted Red Potatoes Collard Greens Rye Bread Birthday Cake
23) Veal Cutlet w/Mushroom Sauce Mashed Potato Green Beans w/Red Peppers Wheat Bread Fresh Fruit	24) Chicken Patachiki Buckwheat Kasha Steamed Broccoli Wheat Bread Chilled Peaches	25) Baked Fish Boiled Potato Steamed Baby Carrots Multi-Grain Roll Fresh Fruit	26) Meatloaf w/Brown Gravy Buttered Egg Noodles Brussels Sprouts Rye Bread Chilled Pears	27) Fish Cakes Dill Roasted Potatoes Harvard Beets Rye Bread Brownie
30) Sausage & Sauerkraut w/Onions & Peppers Parsley Boiled Potato Italian Vegetables Wheat Roll Fresh Fruit	31) Meatball Stroganoff Buttered Egg Noodles Green Beans w/Red Peppers Wheat Bread Chilled Peaches		<ul style="list-style-type: none"> ▪ To cancel a meal please contact Springwell at (617) 972-5700 ▪ A \$2.50 donation per meal is requested • Menu subject to change 	