



HOME DELIVERED MEALS PUREE MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2011 – 2012	
Monday	Meatloaf w/ LS Brown Gravy Mashed Potatoes Carrots Mighty Shake Tropical Mixed Fruit	Beef Stew w/ Carrots, Corn, Onions & Potato Peas Mighty Shake Vanilla Pudding w/ Whip Topping	Ziti w/ Ground Beef Marinara Parmesan Cheese Spinach Italian Blend Vegetables Mighty Shake Butterscotch Pudding w/ Whip Topping	Fiesta Fish LS Mild Salsa Sauce Boiled Potatoes Carrots Mighty Shake Mixed Fruit	Oct. 3 – week 3 Oct. 10 – week 4 Oct. 17 – week 1 Oct. 24 – week 2 Oct. 31 – week 3 Nov. 7 – week 4 Nov. 14 – week 1 Nov. 21 – week 2 Nov. 28 – week 3 Dec. 5 – week 4 Dec. 12 – week 1 Dec. 19 – week 2 Dec. 26 – week 3 Jan. 2 – week 4 Jan. 9 – week 1 Jan. 16 – week 2 Jan. 23 – week 3 Jan. 30 – week 4 Feb. 6 – week 1 Feb. 13 – week 2 Feb. 20 – week 3 Feb. 27 – week 4 March 5 – week 1 March 12 – week 2 March 19 – week 3 March 26 – week 4 April 1 – week 1 April 9 – week 2 April 16 – week 3 April 23 – week 4	Please help us cover costs. A donation of \$2.50 is requested.
Tuesday	<u><i>”Cold Plate”</i></u> Vegetable Juice Tuna Salad Summer Potato Salad Beet Salad Mighty Shake Peaches	Macaroni & Cheese Spinach Mighty Shake Brownie	Roast Turkey W/ LS Chicken Gravy Mashed Potatoes Mashed Butternut Squash & Cinnamon Mighty Shake Mixed Fruit	Cheese Lasagna w/ a Meatball & LS Tomato Sauce Spinach Peas Mighty Shake Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	Roast Turkey w/ LS Chicken Gravy Mashed Sweet Potatoes Soft Peas Cranberry Sauce Mighty Shake 2 Fig Bars	Baked Fish (Haddock unbreaded) w/a Creamy Red Pepper Sauce Purple & Green Cabbage Mashed Potatoes Mighty Shake Pears	Chicken Marsala w/ Mushrooms LS Marsala Gravy Buttered Noodles Tuscany Blend Mighty Shake Fruited Jell-O w/ Whip Topping	Baked Chicken Breast W/ LS Gravy Brown Rice Butternut Squash Mighty Shake 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 Chicken Breast, w/LS Creamy Italian Sauce Soft Penne Pasta Green, Wax Beans & Carrots Mighty Shake Cinnamon Applesauce	Cut up Stuffed Shells w/ a Meatball LS Tomato Sauce French Green Beans Mighty Shake Tropical Mixed Fruit	Baked Fish w/ LS Florentine Sauce O’Brien Potatoes Carrots Mighty Shake Applesauce	<u><i>”Cold Plate”</i></u> Vegetable Juice Chicken Salad on Pasta Salad Purple Cabbage Coleslaw Mighty Shake Peaches		All Entrees on this menu are pureed into a consistency safe for this diet plan. This diet features thin liquids
Friday	American Chop Suey w/ LS Tomato Sauce Zucchini Mighty Shake Chocolate Pudding w/Top	Greek Chicken Garlic, Parsley Potatoes Zucchini Mighty Shake Peaches	BBQ Pulled Beef Buttered Ziti Broccoli, Onions, Mushroom Mighty Shake Pears	Pot Roast LS Brown Gravy Mashed Potatoes Green Beans Mighty Shake Vanilla Wafers		Meals come with low fat milk, and margarine, and are made with low fat, low sodium, and low sugar ingredients.