



HOME DELIVERED MEALS RENAL DIALYSIS MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2010 - 2011		
Monday	Meatloaf w/ Brown Gravy Herbed Rice Peas White Bread Diet Pineapple	Beef Stew w/ Elbow Macaroni Pasta White Bread Peas Lorna Doones Cranberry Juice	Swedish Meatballs w/ Gravy Corn Italian Blend Vegetables Italian Bread Graham Crackers	Baked Fish/Lemon Sauce Buttered Rotini Pasta Carrots Light Rye Bread Diet Mixed Fruit Pineapple Juice	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	Aloha Chicken w/ Sauce Penne Pasta Carrots White Bread Diet Cinnamon Applesauce Apple Juice	Baked Chicken Breast w/ Gravy Corn Beets Light Rye Bread Angel Food Cake Apple Juice	Roast Turkey w/ Gravy Buttered Noodles Peas Light Rye Bread Diet Mixed Fruit Pineapple Juice	Salisbury Steak w/ Gravy Butternut Squash Broccoli Italian Bread Diet Pears Apple Juice			To cancel a meal please call Springwell at (617) 972-5700
Wednesday	<u>"Cold Plate"</u> Cranberry Juice Tuna Salad Macaroni Salad Beet Salad 2 Slices White Bread Diet Peaches	Baked Fish w/ Butter Crumb Topping w/ Lemon Sauce and Lemon Wedge Broccoli Lemon Olive Rice White bread Diet Pears Pineapple Juice	Chicken Marsala w/ Marsala Sauce Buttered Ziti Tuscany Blend White Bread Diet Fruited Gelatin Apple Juice	Boneless Chicken Breast w/ Gravy White Rice Peas White Bread Diet Fruited Gelatin Pineapple Juice		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	Roast Turkey LS Turkey Gravy Brown Rice Green Beans Light Rye Fig Bars	Turkey Vegetable Pasta Bake Green Beans Dinner Roll Diet Mixed Fruit Apple Juice	Baked Fish w/ Florentine Sauce Herbed Rice Zucchini Dinner Roll Diet Applesauce Cranberry Juice	Pot Roast LS Brown Gravy Rice Pilaf Cauliflower Dinner Roll Vanilla Wafer Cookies			Meals come with low fat milk, and margarine, and are made with low fat, low sodium, and low sugar ingredients.
Friday	Lemon Pepper Fish w/ Sauce Corn Zucchini Blueberry Waffle Cookie Italian Bread Pineapple Juice	Greek Chicken w// Sauce Brown Rice Carrots Light Rye Bread Diet Peaches Pineapple juice	Beef Stir Fry Brown Rice Red Pepper, Onions, Mushroom Light Rye Bread Diet Pears	Turkey Tetrazzini Green Beans Light Rye Bread Diced Peaches Cranberry Juice			