



HOME DELIVERED MEALS LOW PROTEIN RENAL MENU

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	MENU WEEK ROTATION 2011 – 2012	
Monday	Meatloaf w/ LS/LF Brown Gravy Rice Carrots White Bread Diet Pineapple	Cranberry Juice Beef Stew w/ Carrots, Corn, Onions & Potato Peas White Bread Lorna Doones	Swedish Meatballs LS/LF Gravy Corn Italian Blend Vegetables Dinner Roll Graham Cracker Squares	Pineapple Juice Baked Fish LS/LF Lemon Sauce Buttered Rotini Pasta Carrots/Peas/Corn Light Rye Bread Diet Mixed Friut	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>"Cold Plate"</u> Cranberry Juice Tuna Salad on White Bread Macaroni Salad Beet Salad Diet Peaches	Apple Juice Baked Chicken Breast LS Chicken Gravy Corn Butternut Squash Light Rye Bread Angel Food Cake	Pineapple Juice Roast Turkey LS/LF Turkey Gravy Peas Buttered Noodles Light Rye Bread Diet Mixed Fruit	Apple Juice Salisbury Steak LS/LF Brown Gravy Rice Pilaf Peas Italian Bread Diet Pears		To cancel a meal please call Springwell at (617) 972-5700
Wednesday	Roast Turkey w/ LS/LF Chicken Gravy Brown Rice Peas Light Rye Bread 2 Fig Bars	Pineapple juice Baked Fish (unbreaded) LS Demon Sauce Purple Cabbage Lemon Olive Rice White bread Diet Pears	Apple Juice Chicken Marsala w/Mushrooms LS.LF Marsala Gravy Buttered Noodles Tuscany Blend White Bread Diet Fruited Jell-O / Topping	Pineapple Juice Baked Chicken Breast LS/LF Gravy White Rice Butternut Squash White Bread Diet Fruited Gelatin w/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	Apple juice Aloha Chicken LS/LF Sauce Penne Pasta Green, Wax Beans & Carrots Wheat Bread Diet Cinnamon Applesauce	Apple Juice Vegetable Pasta Bake French Green Beans Dinner Roll Diet Mixed Fruit	Cranberry Juice Baked Fish LS/LF Florentine Sauce Brown Rice Carrots White Dinner Roll Diet Applesauce	<u>"Cold Plate"</u> Apple Juice Chicken Salad on Hamburger Roll Garden Salad w/Lite Dressing Purple Cabbage Coleslaw Peaches		Meals come with low fat milk, and margarine, and are made with low fat, low sodium, and low sugar ingredients
Friday	Pineapple Juice Lemon Pepper Fish LS/LF Lemon Pepper Sauce Corn Zucchini Dinner Roll Blueberry Waffle Cookie	Pineapple Juice Greek Chicken LS Greek Sauce Brown Rice Carrots Light Rye Bread Diet Peaches	BBQ Pulled Bee w/ BBQ Sauce Buttered Ziti Broccoli, Onions, Mushrooms Light Rye Bread Diet Pears	Pot Roast LS/LF Brown Gravy Buttered Penne Pasta Green Beans White Dinner Roll Vanilla Wafers		