


SAMPLE MENU FOR CONGREGATE AND HOME DELIVERED MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> Portuguese chicken with peppers and onions Brown rice French green beans Wheat dinner roll Grape juice Seasonal fresh fruit	<p style="text-align: right;">2</p> Minestrone soup with crackers Seafood salad plate served on bed of lettuce with tomato and marinated beet salad French dressing Portuguese roll Chocolate chip cookie	<p style="text-align: right;">3</p> Veal roulade with gravy Mashed potato California blend vegetables Seedless rye bread Diet fruited jell-o with whipped topping	<p style="text-align: right;">4</p> Beef stew served over egg noodles Tossed salad with cucumber and Italian dressing 100% whole wheat bread Fruit cocktail
<p style="text-align: right;">7</p> Spaghetti & meatballs in marinara sauce Parmesan cheese Fresh zucchini Garlic bread Sherbet	<p style="text-align: right;">8</p> Stuffed salmon with dill sauce OR Chicken salad on wheat with lettuce Rice Pilaf Oriental blend vegetables Wheat bread Cling peaches	<p style="text-align: right;">9</p> Sliced turkey with gravy Herbed stuffing Cut green beans Cranberry sauce Dinner roll Pineapple tidbits	<p style="text-align: right;">10</p> Stuffed cabbage roll Mashed potato Diced carrots Wheat bread Cranberry juice Coffee cake	<p style="text-align: right;">11</p> Chicken noodle soup with crackers Eggplant rollatoni Penne with marinara sauce Parmesan cheese Tossed salad with tomato and Italian dressing Italian bread Seasonal fresh fruit
<p style="text-align: right;">14</p> Orange glazed chicken quarter Egg noodles Garden peas Pumpernickel bread Chocolate pudding with whipped topping	<p style="text-align: right;">15</p> Sliced ham with pineapple glaze Cut sweet potato Mixed vegetables Wheat bread Mandarin oranges	<p style="text-align: right;">16</p> Dave's meatloaf Mashed potato Chopped spinach Seedless rye bread Pineapple juice Seasonal fresh fruit	<p style="text-align: right;">17</p> New England clam chowder with crackers Chicken Caesar salad with croutons & Caesar dressing Soft breadstick Apricot halves	<p style="text-align: right;">18</p> Cheese baked ziti Sausage Broccoli florettes Parmesan cheese Garlic bread Key lime pie
<p style="text-align: right;">21</p> Succulent pork loin with gravy Applesauce garnish Scalloped potatoes Peas & diced carrots Wheat bread Seasonal fresh fruit	<p style="text-align: right;">22</p> Vegetable beef soup with crackers Cold cut grinder with ham, turkey, cheese, lettuce, tomato and mayonnaise Coleslaw vinaigrette Vanilla pudding with strawberries	<p style="text-align: right;">23</p> BBQ chicken quarter Macaroni & cheese California blend vegetables Buttermilk biscuit Cinnamon spiced apples	<p style="text-align: right;">24</p> Yankee pot roast with gravy Mashed potato Cut green beans Wheat dinner roll Birthday cake	<p style="text-align: right;">25</p> Butter crumb fish Brown rice pilaf Oriental blend vegetables Seedless rye bread Apple juice Cling peaches
<p style="text-align: right;">28</p> Hot open roast beef sandwich on white with gravy Mashed potato Diced Carrots Bartlett pears	<p style="text-align: right;">29</p> Portuguese chicken with peppers and onions Brown rice French green beans Wheat dinner roll Grape juice Seasonal fresh fruit	<p style="text-align: right;">30</p> Minestrone soup with crackers Seafood salad plate served on a bed of lettuce with tomato and marinated beet salad French dressing Portuguese roll Chocolate chip cookie	