

RECEIVED
FEB - 8 2012
 BY: _____

MOC Elder Services
356B Broad St.
Fitchburg, MA 01420

February 2012

PLEASE CALL YOUR MEAL SITE AHEAD TO MAKE RESER
 Questions: Please call 1-800-286-3441 or 978-345-8501

MONDAY	TUESDAY	WEDNESDAY
<p>Your donations help keep the meals coming!</p> <p>Did you know you can use SNAP as your donation? If you are interested call Jessica at the MOC office at 978-345-8501.</p>		<p><i>Feb 1</i></p> <p>Hamburg and Zit Bake With Cheese(2 compartments) California Blend Veg Rye Bread Fresh Fruit</p>
<p>6</p> <p>Hot Dog Carrots Baked Beans Hamburger Bun Pineapple</p>	<p>7</p> <p>Lentil Spinach Soup w/Crackers Baked Chicken w/ Apricot Glaze, Brown Rice Whole Wheat Bread HDM:Spinach Peach Cup Diet: Peaches</p>	<p>8</p> <p>2 ea stuffed shells w/meat(1oz) sauce Italian Green Beans Wheat Bread Cherry Muffin Diet: Lemon Graham Cookie HDM: Peas</p>
<p>13</p> <p>Vegetable Soup Roast Chicken w/ Tarragon Sauce Mashed Potatoes Whole Wheat Bread Fruited Jello with Pears HDM: Vegetable soup</p>	<p>Valentines' Day Special</p> <p>Cheese Ravioli w/ Newburg Sauce Italian Green Beans Beets Whole Wheat Dinner Roll Apple Cherry Crisp Diet: Apple Cheery Compote</p>	<p>15</p> <p>Chili(Beef) w/ Cheddar Cheese Corn Carrots Rye Bread Fresh Fruit</p>
<p>20</p> <p>Holiday</p>	<p>21</p> <p>Chicken Breast Cacciatore Ziti Spinach Italain Bread Cutie Pie Diet: Blueberry Graham Cookie</p>	<p>22 <i>Ash Wednesday</i></p> <p>Broccoli Bake Stewed Tomatoes Green Peas Italain Bread 1/4cup dried fruit</p>
<p>27</p> <p>Minestrone Soup Chicken w/ Coq Au Vin Sauce Couscous with Onions,Peas, and carrots Whole Wheat Bread Pineapple HDM: Minestrone Soup</p>	<p>28</p> <p>Sheppard's Pie Mashed Potato Carrots Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pudding</p>	<p>29</p> <p>Marinated Diced Chicken (w/garlic,lemon,lime,cilantro) Corn and Black Beans Brown Rice Whole Wheat Bread Fresh Fruit</p>

Revised: 10/12/10 Menu is subject to change without notice. Home Deliverex