

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

March 2012

All meals include 1% Milk

Your Donations Help Keep the Meals Coming
Suggested Voluntary Confidential Contribution \$2.25

PLEASE CALL YOUR MEAL SITE AHEAD TO MAKE RESERVATION

Questions: Please call 1-800-286-3441 or 978-345-8501

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>1 Teriyaki Diced Chicken Brown Rice Oriental Blend Veggies White Bread Blueberry Graham</p>	<p>2 Butternut Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Peach Cup HDM: Mixed Vegetables Diet: Applesauce w/C</p>
<p>5 3C Soup Roast Turkey w/Gravy Mashed Potato Whole Wheat Bread Pears HDM: Peas</p>	<p>6 BBQ Rib Patty Red Bliss Potatoes Brussels Sprouts Whole Wheat Dinner Roll Turnover Diet: Cinnamon Diced Apples</p>	<p>7 Minestrone Soup Chicken Breast w/ Mushroom Sauce Brown Rice Pilaf Rye Bread Peach Cup Diet: Mandarin Oranges HDM: Mixed Vegetables</p>	<p>8 American Chop Suey Broccoli/Cauliflower Blend White Bread Banana Pudding Diet: SF Banana Pudding</p>	<p>9 Lasagna with Tomato Sauce Carrots Italian Bread Pineapple HDM: Green Beans</p>
<p>12 Diced Chicken White Bean Chili Green Beans Brown Rice Whole Wheat Bread Pineapple</p>	<p>13 Lentil Spinach Soup Roasted Chicken w/Chick Pea Sauce Cauliflower/Red Peppers 5 Grain Bread ¼ C. Dried Fruit HDM: Spinach</p>	<p>14 Penne w/ Bolognese Sauce(2 Compartment) Winter Blend Whole Wheat Bread Apple-Cinnamon Muffin Apple Cinnamon Graham</p>	<p>15 Special Corned Beef Hash Carrots Cabbage/Balsamic Glaze Rye Bread Pear Lime Jello</p>	<p>16 Pea Soup Breaded Fish Wedge Cous Cous with Carrots Whole Wheat Bread Fresh Orange HDM: Pea Soup</p>
<p>19 Portuguese Kale Soup Chicken Breast w/ BBQ Sauce Brown Rice Whole Wheat Bread Chocolate Chip Cookie Diet: Blueberry Graham HDM: Spinach</p>	<p>20 Roast Pork/applesauce Mashed Potato Mixed Vegetables Rye Bread Chocolate Pudding Diet: SF Chocolate Mouse</p>	<p>21 Tomato Cabbage Soup Chicken Salad w/Cranberries Italian Pasta salad Small Sub Roll HDM: Vit C Applesauce Fresh Fruit</p>	<p>22 Meatballs/Swedish Sauce Noodles Broccoli Rye Bread Pears</p>	<p>23 Tuna Casserole Carrots Whole Wheat Bread Peach Cup Diet: Mandarin Oranges</p>
<p>26 Mulligatawny Soup (w Carrots) Ham & Cheese Bake Diced Parsley Potatoes Rye Bread Fresh Fruit w/C HDM: Mixed Vegetables</p>	<p>27 Breaded Chicken Cutlet/Marsala Sauce Brown Rice Brussels Sprouts Multigrain Bread Stewed Prunes</p>	<p>28 Beef Stew Boiled Potatoes Green Beans Whole Wheat Bread Applesauce w/C</p>	<p>29 Vegetable Soup Roast Chicken w/ Rosemary Gravy Mashed Potatoes Whole Wheat Bread Tapioca Pudding Diet: SF Tapioca Pudding HDM: Carrots</p>	<p>30 Fish Sticks Broccoli Corn Apple Turnover Diet : Lemon Graham HDM: Lemon Supreme Sauce</p>

Menu is subject to change without notice. Home Delivered Meals may receive vegetable in place of soup or salad.

Diet= diet dessert per request

HDM= Home Delivered Meals

** = High Sodium Entree - all HDM high sodium entrees are substituted with a low sodium entree