

June 2010

Franklin County Home Care Corporation

All meals include 1% Milk

Suggested Voluntary Confidential Contribution is \$2.00 PER MEAL

HDM=Home-Delivered-Meal

PLEASE CALL YOUR MEAL SITE BEFORE 11 AM ONE DAY AHEAD TO ORDER OR CANCEL A MEAL

Athol 978-249-9001 Northfield

Bernardston 413-648-5319 Orange
Charlemont 413-339-5324 Petersham

413-498-2186
978-544-7082
978-724-3276

Erving 413-423-3308 Phillipston 978-249-3164
Frontier 413-665-5063 Royalston 978-249-9656
Greenfield 413-773-7702 New Salem 978-544-2288
Heath 413-337-4896 Shelburne 413-625-6266
Leverett 413-367-2694 Shutesbury 413-259-1246
Montague 413-863-9357 Warwick 978-544-2630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Roast Pork w/ Rosemary Gravy Whipped Potato w/ Peas Rye Bread Fruited Gelatin Diet: SF Fruited Gelatin	8 American Chop Suey Spinach 7 Grain Bread Peaches HDM: Carrots	9 Three C Soup w/Crackers Crunchy Potato Fish Wedge Diced Parslied Potato Multigrain Bread Rice Pudding Diet: Rice Pudding HDM: Italian Green Beans	10 Roast Chicken w/ Marsala Sauce Brown Rice Broccoli Italian Bread Fresh Fruit	11 Roast Turkey w/ Gravy Mashed Potato Carrots 7 Grain Bread Oatmeal Cookie Diet: Graham Cookie
14 Meatballs w/ BBQ Sauce Red Bliss Potatoes Zucchini Blend Whole Wheat Bread Mandarin Oranges	15 Cream of Vegetable Soup w/ Crackers Ham Plate** Rotini Pasta Salad Whole Wheat Bread Fresh Cantaloupe HDM: Broc./Caul. Salad **High Sodium	16 Chicken w/ Teriyaki Sauce Brown Rice and Peas Spinach Rye Bread Lemon Graham Cookie	17 Cheese Lasagna w/ Tomato Sauce Italian Green Beans Italian Bread Pears HDM: Beets	18 Salisbury Steak w/ Jardiniere Gravy Mashed Potatoes Carrots Multigrain Bread Chocolate Pudding Diet: Chocolate Mint Pudding
21 Broccoli Bake Garlic/Onion Homefries Stewed Tomatoes Whole Wheat Bread Pineapple	22 Ground Beef Taco Brown Rice/Cheese Chopped Tomato Salad Greens Taco Shell Applesauce © HDM: Green Beans	23 Roast Beef Au Jus Baked Potato Italian Green Beans w/ Mushrooms WW Dinner Roll Brownie Diet: Chocolate Graham	24 Hot Dog** Baked Beans Cole Slaw Hot Dog Bun Fresh Orange HDM : Carrots **High Sodium	25 Roast Chicken w/ Apricot Glaze Mashed Potatoes Broccoli Whole Wheat Bread Butterscotch Pudding Diet: SF Butterscotch
28 Breaded Fish Whipped Potatoes Green Beans Whole Wheat Bread Pears	29 Swedish Meatballs w/ Mushroom Gravy Noodles Spinach Multigrain Bread Peaches	30 Baked Ziti Casserole w/ Hamburger Broccoli Whole Wheat Bread Fresh Fruit HDM: Carrots	1 Crn of Broccoli Soup Crackers Chefs Salad/ Dressing 1 oz Turkey, 1 oz Cheese, 1 Egg Dinner Roll Choc. Chip Cookie Dielt : Graham Cookie HDM : Marinated Summer Blend Salad	2 Shaved Steak Corn Onions, Peppers and Mushrooms Hamburger Bun Applesauce ©

Menu is subject to change.

5/17/10