



M A R C H 2 0 1 0



T r i - V a l l e y , I n c .

10 MILL STREET, DUDLEY, MA 01571 TELEPHONE (508) 949-6640 or 800 286-6640

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. AMERICAN CHOP SUEY GREEN BEANS CORN FRENCH BREAD FRESH ORANGE	2. SPLIT PEA SOUP HONEY GLAZED PORK GARLIC MASHED POTATOES BROCCOLI MULTIGRAIN BREAD COOKIES	3. MACARONI & CHEESE ZUCCHINI & TOMATOES RYE BREAD BAKED APPLE SLICES	4. YANKEE CHICKEN PIE BRUSSELS SPROUTS JARDINIERE VEGGIES WHOLE WHEAT BREAD MIXED FRUIT	5. POLLOCK LOIN NEWBURG SAUCE SEASONED RICE MIXED VEGETABLES HONEY WHEAT BREAD MANDARIN ORANGES
8. BEEF & BROCCOLI STEAMED RICE CARROTS PUMPERNICKEL BREAD PINEAPPLE	9. BEEF ZITI BAKE WINTER BLEND VEGGIES FRENCH BREAD FRESH ORANGE	10. CHICKEN MORNAY HERBED NEW POTATO MIXED VEGETABLES MULTIGRAIN BREAD COOKIES	11. STEAK WITH PEPPER AND ONIONS RICE PILAF BROCCOLI RYE BREAD VANILLA PUDDING (SUGAR FREE PUDDING)	12. TOMATO SOUP OMELET WITH CHEESE SAUCE ROASTED POTATOES CARROTS WHOLE WHEAT BREAD PEACHES
15. TERIYAKI CHICKEN SCALLOPED POTATOES BROCCOLI MULTIGRAIN BREAD MIXED FRUIT	16. SHEPHERD'S PIE GREEN BEANS WHOLE WHEAT BREAD BAKED APPLE SLICES	17. <u>ST. PATRICK'S DAY</u> CORNEBEEF BOILED POTATOES CABBAGE & CARROTS RYE BREAD SHAMROCK PUDDING (SUGAR FREE PUDDING)	18. CR. MUSHROOM SOUP APPLE GLAZED PORK HERBED POTATOES CARROTS HONEY WHEAT BREAD COOKIES	19. SALMON BOAT DILL SAUCE CONFETTI RICE SUCCOTASH PUMPERNICKEL BREAD FRESH ORANGE
22. VEGETABLE SOUP SPANISH MEATBALLS MASHED POTATOES WAX BEANS HONEY WHEAT BREAD FRESH FRUIT	23. ROAST TURKEY SW. POTATO & CARROT BRUSSELS SPROUTS WHOLE WHEAT BREAD BIRTHDAY CAKE (PLAIN CAKE)	24. ITALIAN BRAISED BEEF BUTTERED NOODLES MIXED VEGETABLES FRENCH BREAD MANDARIN ORANGES	25. CHICKEN CANTONESE STEAMED RICE CORN NIBLETS MULTIGRAIN BREAD PINEAPPLE	26. CHEESE LASAGNA TOMATO SAUCE ITALIAN GREEN BEANS DICED CARROTS ITALIAN BREAD VANILLA PUDDING (SUGAR FREE PUDDING)
29. BUTTERMILK CHICKEN MASHED POTATOES TUSCANY BLEND VEGGIES WHOLE WHEAT BREAD APPLESAUCE	30. <u>HOLIDAY MEAL</u> BAKED HAM HERBED POTATOES GREEN BEANS & ONIONS RYE BREAD ECLAIRS (SUGAR FREE PIE)	31. SWEET & SOUR PORK STEAMED RICE CRUNCHY NOODLES GARDEN PEAS MULTIGRAIN BREAD PINEAPPLE	TRI-VALLEY RECEIVES FEDERAL FINANCIAL SUPPORT UNDER THE OLDER AMERICANS ACT FURNISHED BY CENTRAL MASS AGENCY ON AGING AND THE MASS. OFFICE OF ELDER AFFAIRS	<i>The menu includes: milk and margarine. Menus are subject to change.</i> <i>Reservations must be made <u>48 hours</u> in advance.</i>

Franklin 508 520-1422
Southbridge 508 764-1469

Northbridge 508 234-2002
Oxford 508 987-6000

Spencer 508 885-3904
Milford 508 478-8102

Upton 508 529-9094
Uxbridge 508 278-7609

Dudley 508 949-6640
Sutton 508 234-0703

Sturbridge 508 347-5063
N. Brookfield 508 867-0220