

**Mystic Valley Elder Services HOT Lunch Menu for Congregate Sites  
February-10**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Split Pea Soup Chick. Cordon Bleu Herbed Rice Zucchini Mandarin Oranges	<b>2</b> Potato Chowder Salisbury Steak Butternut Squash Green/Wax Beans Fresh Fruit	<b>3</b> Vegetable Soup American Chop Suey Broc. & Cauliflower Peaches	<b>4</b> Winter Soup Roast Pork Mashed Potatoes Peas & Onions Banana Cake	<b>5</b> Tomato Soup Broccoli Cheese Fish Spinach Red Bliss Potatoes Vanilla Pudding/top.
<b>Calories: 785</b> <b>% of Fat: 25</b> <b>Sodium: 832</b>	<b>Calories: 862</b> <b>% of Fat: 35</b> <b>Sodium: 1245</b>	<b>Calories: 977</b> <b>% of Fat: 24</b> <b>Sodium: 820</b>	<b>Calories: 875</b> <b>% of Fat: 33</b> <b>Sodium: 998</b>	<b>Calories: 803</b> <b>% of Fat: 23</b> <b>Sodium: 1314</b>
<b>8</b> Vegetable Soup Turkey Brocc. Cass. Carrots Pineapples	<b>9</b> Split Pea Soup Macaroni & Cheese Broccoli Fresh Fruit	<b>10</b> Tomato Soup Meatloaf Mashed Potatoes Green Beans Chocolate Pudding	<b>11</b> Italian Veg. Soup Chicken w/Stuffing Sweet Potato Spinach & Mushroom Raspberry Cookie	<b>12</b> Corn Chowder Salmon Boat Zucchini Red Bliss Potatoes Mandarin Oranges
<b>Calories: 849</b> <b>% of Fat: 18</b> <b>Sodium: 674</b>	<b>Calories: 812</b> <b>% of Fat: 14</b> <b>Sodium: 1138</b>	<b>Calories: 943</b> <b>% of Fat: 30</b> <b>Sodium: 1307</b>	<b>Calories: 933</b> <b>% of Fat: 31</b> <b>Sodium: 1124</b>	<b>Calories: 726</b> <b>% of Fat: 17</b> <b>Sodium: 1144</b>
<b>15</b> Washington's Birthday	<b>16</b> Tomato Florentine Soup Chicken Marsala Buttered Noodles Green Beans Pineapples	<b>17</b> Mushroom/Barley Soup Pier 17 Fish Red Bliss Potatoes Italian Vegetables Chocolate Cake	<b>18</b> Hot Dog*** Baked Beans Cole Slaw Pears	<b>19</b> Crab Cakes*** Mashed Potatoes Brussels Sprouts Tapioca Pudding
	<b>Calories: 752</b> <b>% of Fat: 22</b> <b>Sodium: 705</b>	<b>Calories: 927</b> <b>% of Fat: 33</b> <b>Sodium: 1202</b>	<b>Calories: 661</b> <b>% of Fat: 39</b> <b>Sodium: 1504</b>	<b>Calories: 932</b> <b>% of Fat: 30</b> <b>Sodium: 1739</b>
<b>22</b> Vegetable Soup Stuffed Peppers Three Bean Medley Carrots Peaches	<b>23</b> Broccoli Cheese Soup Pot Roast Whipped Potatoes Beets Pears	<b>24</b> Veg. Barley Soup Baked Chicken Sweet Potatoes Green Beans Fresh Fruit	<b>25</b> Minestrone Soup Baked Ziti Broc. & Cauliflower Carnival Cookie	<b>26</b> Lentil Soup Augratin Fish Brown Rice Spinach Ice Cream Cup
<b>Calories: 631</b> <b>% of Fat: 28</b> <b>Sodium: 1056</b>	<b>Calories: 791</b> <b>% of Fat: 30</b> <b>Sodium: 1301</b>	<b>Calories: 1009</b> <b>% of Fat: 35</b> <b>Sodium: 998</b>	<b>Calories: 1014</b> <b>% of Fat: 30</b> <b>Sodium: 1334</b>	<b>Calories: 649</b> <b>% of Fat: 23</b> <b>Sodium: 1147</b>
				

**Suggested voluntary donation: \$1.50. Note: These values are estimates and are subject to change based on product availability. All meals include low-fat milk, bread & margarine. If you are receiving a modified meal, sugar free desserts are substituted when appropriate. Menu subject to change without notice. \*\*\*High Sodium Entrée**