


# Mystic Valley Elder Services ... Cold Lunch Menu ... March 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken Patty/Lite Mayo Lettuce Leaf Potato Salad Cucumber, Carrot, Onion Salad Hamburger Roll Mandarin Oranges	2	Chef Salad Lite Italian Dressing Macaroni Salad Wheat Roll Pears	3	Tuna fish Lettuce Leaf Lemon rice salad Purple Cabbage Cole Slaw Bread Diet Brownie	4	Turkey and Swiss cheese Lite mayo/Lettuce leaf Roman Blend Veg. Salad Macaroni salad w/cheese Bread Fresh Fruit	5	<b>Seafood Salad***</b> Lettuce Leaf German Potato Salad Broccoli Tomato Salad Bread Diet Butterscotch Pudding/Topping
8	Tuna Salad Lettuce Leaf Carrot pineapple salad Three Bean Salad Hot dog Roll Peaches	9	<b>Deli Corned beef***</b> w/ Swiss cheese English Pea Salad Sauerkraut Russian dressing/Bread Lorna Doones	10	Roast Beef Provolone Cheese/Mustard Lettuce Leaf Tomato Red Pepper Salad Potato Salad/Bread Fresh Fruit	11	Turkey/Cheese Lite mayo/Lettuce Leaf Tomato & Zucchini salad German Potato Salad Bread Diet Tapioca Pudding/tpg	12	Egg Salad/Lettuce Leaf Corn Salad Spinach Mandarin Orange Salad/Dressing Bread Pears
15	Chicken Patty Lettuce Leaf/Lite Mayo Cucumber Creamy Dill Salad Pasta Salad w/cheese Hamburger Roll Pineapples	16	Peppercorn Turkey Mozzarella Cheese Lite Mayo Carrot Pineapple salad Three Bean Salad/Bread Mandarin Oranges	17	California Chicken Salad With lettuce leaf Roman Blend Veg. Salad Corn Salad Hamburger Roll Diet Pistachio Pudding/topping	18	Roast Beef & Cheddar Lettuce leaf/sliced tomato Lite Mayo/Riviera Salad Potato Salad Bread Angel Food Cake	19	Tuna Salad Lo Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing/Bread Fresh Fruit
22	Roast Beef/Swiss Cheese Lite Mayo Orzo vegetable salad Tomato Red Pepper Salad Bread Vanilla Wafers	23	Tuna Salad Spinach Mandarin Orange salad w/ lite dressing Red skinned potato salad Bread Fresh Fruit	24	Turkey/American Cheese Lite Mayo/Lettuce Leaf Macaroni Salad Beet Salad Bread Pineapples	25	Chicken Salad on lettuce leaf Rice tomato, black olive salad English Pea Salad/Bread Diet Vanilla Pudding/Tpg	26	Egg Salad Lettuce Leaf Cole Slaw Three Bean Salad Bread Pears
29	Roast Beef Roast Turkey/Swiss Cheese Russian Dressing/Lettuce Leaf Broccoli Tomato Salad Balsamic Vinaigrette Pasta Bread Fresh Fruit	30	<b>Seafood Salad***</b> lettuce leaf Tossed Salad w/ Lite Italian Dressing German Potato Salad/Bread Diet Chocolate Pudding/topping	31	Cold BBQ Grilled Chicken Sliced Mozzarella Cheese Sliced Red Onions/Cole Slaw Three Bean Salad Hamburger Roll Peaches				

*Please help us  
cover costs.  
A donation of  
\$1.50 is suggested.*

To cancel a meal please  
call (781) 324-7705 x 300.  
before 11:30 a.m.  
on the previous day.

- Each meal provides 700-800 calories and 1/3 of the RDA.
- Our meals have no salt added and no more than 1200 mg of sodium.
- All meals include 8 oz. of 1% milk and margarine.
- Menus are subject to change without notice.

**\*\* High Sodium Meal \*\***