

Mystic Valley Elder Services HOT Lunch Menu for Congregate Sites

Mar-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Soup Roast Turkey Whipped Potatoes Glazed Carrots & Parsnips Apple Turnover	2 Corn Chowder Greek Chicken Lemon Olive Rice Riviera Vegetable Blend Tapioca Pudding	3 Tomato Soup Pier 17 Fish Red Bliss Potatoes Spinach Peaches	4 Beef Stew Peas Apple Cinnamon Muffin Pineapples	5 Macaroni & Cheese Collard Greens Tossed Salad Fresh Fruit
Calories: 709 % of Fat: 24 Sodium: 1123	Calories: 859 % of Fat: 27 Sodium: 1223	Calories: 841 % of Fat: 38 Sodium: 1225	Calories: 633 % of Fat: 21 Sodium: 782	Calories: 760 % of Fat: 16 Sodium: 1251
8 Vegetable Soup Chicken Paprika Parsley Potatoes Broccoli Chocolate Mousse	9 Split Pea Soup American Chop Suey Green Beans Fresh Fruit	10 Lentil Soup Ham Pasta Bake With White Cheese Carrots Oatnut Bread	11 Mushroom Soup Meatloaf Mashed Potatoes Beets Birthday Cake	12 Seafood Chowder Baked Haddock Mixed Vegetables Wild Rice Mandarin Oranges
Calories: 1010 % of Fat: 28 Sodium: 1198	Calories: 1040 % of Fat: 21 Sodium: 646	Calories: 678 % of Fat: 19 Sodium: 745	Calories: 926 % of Fat: 35 Sodium: 1286	Calories: 872 % of Fat: 25 Sodium: 1152
15 Butternut Soup O'Brien Potatoes Broccoli & Cauliflower Fresh Fruit	16 Vegetable Soup Creamy Italian Chicken Sweet Potato Brussels Sprouts Oatnut Bread Peaches	17 St. Patrick's Day Special Corned Beef Stew*** Parsley Boiled Potatoes St. Patty's Jello Cake	18 Clam Chowder Baked Haddock Rice Pilaf Zucchini Apple Cinnamon Muffin Mandarin Oranges	19 Lentil Spinach Soup Cheese Lasagna Peas Carrots Pistachio Pudding
Calories: 668 % of Fat: 26 Sodium: 819	Calories: 655 % of Fat: 18 Sodium: 772	Calories: 770 % of Fat: 38 Sodium: 1739	Calories: 762 % of Fat: 33 Sodium: 1298	Calories: 654 % of Fat: 24 Sodium: 1019
22 Florentine Soup Hawaiian Chicken Sweet Potatoes Mixed Vegetables Chef Special Desert	23 Hot Dog*** Baked Beans Cole Slaw Butterscotch Pudding	24 Vegetable Soup Beef Stir Fry Brown Rice Red Pepper, Mushrooms & Onions Mandarin Oranges	25 Split Pea Soup Meatball Sub Ziti w/Tomato Sauce Spinach Fresh Fruit	26 Tomato Soup Baked Haddock Chuckwagon Corn Broccoli Oatnut bread Peaches
Calories: 708 % of Fat: 20 Sodium: 750	Calories: 974 % of Fat: 41 Sodium: 1949	Calories: 722 % of Fat: 26 Sodium: 771	Calories: 952 % of Fat: 33 Sodium: 1228	Calories: 596 % of Fat: 19 Sodium: 808
29 Italian Garden Soup Roast Pork Mashed Potatoes Peas & Onions Orange/Cran Muffin Applesauce	30 Potato Chowder Salisbury Steak Butternut Squash Green & Wax Beans Fresh Fruit	31 Vegetable Soup Turkey Broccoli Penne Carrots Oatnut Bread Banana Cake		
Calories: 794 % of Fat: 30 Sodium: 762	Calories: 868 % of Fat: 35 Sodium: 1246	Calories: 712 % of Fat: 24 Sodium: 886		

Suggested voluntary donation \$1.50. Note: These values are estimates and 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

