

Mystic Valley Elder Services

Regular Menu

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>Caribbean Chicken Stew Black Beans & Rice Zucchini & Tomatoes WG Dinner Roll Vanilla Pudding 1% Milk Margarine</p> <p>870 kcal 778 mg sodium</p>	<p>Meatballs with Sauce Roasted Sweet Potatoes Italian Veg Blend Bulkie Roll Mandarin Oranges 1% Milk</p> <p>871 kcal 1809 mg sodium</p>	<p>Shepherd's Pie Broccoli & Cauliflower Whole Wheat Roll Pumpkin Cookie 1% Milk Margarine</p> <p>726 kcal 868 mg sodium</p>	<p>Breaded Cod Fillet Newberg Sauce Margarine Herbed White Rice Brussels Sprouts Multi- Grain Bread Seasonal Fruit 1% Milk</p> <p>756 kcal 942 mg sodium</p>
7	8	9	10	11
<p>Cranberry Chicken Orzo Roasted Butternut Squash Whole Wheat Roll Mandarin Oranges 1% Milk Margarine</p> <p>728 kcal 620 mg sodium</p>	<p>Italian Garden Veg Soup Tuna Noodle Casserole Roman Vegetables Multi- Grain Bread Fig Bar Cookie 1% Milk Margarine</p> <p>805 kcal 1572 mg sodium</p>	<p>Sliced Roast Beef Brown Gravy Red Bliss Potatoes Cabbage & Carrots Whole Wheat Roll Chocolate Delight 1% Milk Margarine</p> <p>713 kcal 662 mg sodium</p>	<p>Broccoli Bake Roasted Sweet Potatoes Green Beans w/Red Peppers Wheat Bread Seasonal Fruit 1% Milk Margarine</p> <p>727 kcal 707 mg sodium</p>	<p>Chili with Beans Brown Rice Tuscany Veg Blend Wheat Bread Applesauce 1% Milk Margarine</p> <p>700 kcal 955 mg sodium</p>
14	15	16	17	18
	<p>Corned Beef & Cabbage Stew Italian Rst Potatoes Wheat Bread Diced Peaches 1% Milk Margarine</p> <p>678 kcal 1131 mg sodium</p>	<p>Hot Dog Roasted Root Veggies Baked Beans Hot Dog Bun Fresh Orange Mustard Sweet Relish 1% Milk Margarine</p> <p>923 kcal 1288 mg sodium</p>	<p>Turkey Veg Casserole Roasted Butternut Squash Multi-Grain Bread Apple Bread Pudding 1% Milk Margarine</p> <p>733 kcal 1596 mg sodium</p>	<p>Veg. Barley Soup Chicken Cacciatore Orzo Brussels Sprouts Wheat Bread Diced Pears 1% Milk Margarine</p> <p>716 kcal 857 mg sodium</p>
21	22	23	24	25
<p>Chicken Fajita Black Beans & Rice California Veg Blend Flour Tortilla Blueberry Yogurt Margarine</p> <p>558 kcal 508 mg sodium</p>	<p>Lentil Stew Shredded Cheese Margarine Brussels Sprouts Whole Wheat Roll Diced Pears 1% Milk</p> <p>621 kcal 506 mg sodium</p>	<p>Turkey Breast Poultry Gravy Margarine Roasted Root Veg Zucchini & Cauliflower Oatmeal Bread Applesauce 1% Milk 499 kcal 1168 mg sodium</p>	<p>Chicken Cordon Bleu Sour Cream & Chive Potatoes Scandinavian Veg Blend Whole Wheat Roll Pumpkin Pudding 1% Milk Margarine</p> <p>570 kcal 761 mg sodium</p>	<p>Beef Stroganoff Cabbage & Carrots Multi-Grain Bread Mixed Fruit 1% Milk Margarine</p> <p>550 kcal 480 mg sodium</p>
28	29	30	31	
<p>Mac & Cheese Peas & Carrots Wheat Bread Fresh Orange 1% Milk Margarine</p> <p>680 kcal 1212 mg sodium</p>	<p>Chicken Stir Fry Herbed White Rice Multi-Grain Bread Pears 1% Milk Margarine</p> <p>770 kcal 775 mg sodium</p>	<p>Potato Crunch Pollock Mashed Yams Jardiniere Vegetable Multi-Grain Bread Vanilla Pudding 1% Milk Margarine</p> <p>765 kcal 945 mg sodium</p>	<p>Cream of Broccoli Soup Beef Burgundy Whipped Potatoes Spinach Wheat Bread Oatmeal Cookies 1% Milk Margarine</p> <p>946 kcal 1048 mg sodium</p>	