

SEPTEMBER 2024

Mystic Valley Elder Services



Stock Pot - Supper Cold

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Holiday No Meals!</p>	<p>3</p> <p>Egg Salad Sandwich Mandarin Pasta Salad Slice of Bread 1% Milk</p>	<p>4</p> <p>Roast Beef Sandwich Cheese, Arugula, Creamy Horseradish, Escabeche cabbage salad, Pear, 1% Milk</p>	<p>5</p> <p>BBQ Chicken w/ quinoa and sweet potato Red pepper, arugula, corn, dinner roll, italian dressing 1 peach, 1% milk.</p>	<p>6</p> <p>Chicken Waldorf Sandwich, Pasta salad Brownie 1% Milk</p>
<p>9</p> <p>Chicken Caesar salad: Grilled Chicken, Lettuce, Cherry Tomatoes, whole wheat dinner roll, potato salad Tropical Fruit 1% Milk</p>	<p>10</p> <p>West Coast smoked turkey Sandwich turkey breast, spinach, lettuce, whole-wheat sub, Coleslaw cookie, 1% Milk</p>	<p>11</p> <p>Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, Mozzarella, ranch dressing, Pasta salad Cookie / Milk</p>	<p>12</p> <p>Parmesan Tuna Sandwich Salad 2 slice bread, Garden Salad Ny local Apple 1% Milk</p>	<p>13</p> <p>Lunch box salad: Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, slice bread, potato salad Mandarin 1% Milk</p>
<p>16</p> <p>Smoked grilled chicken Sandwich, lettuce, tomatoes, cheddar cheese, whole-wheat sub, Potato salad Banana, 1% Milk</p>	<p>17</p> <p>Spring Orzo Feta Salad Asparagus, Peas, radishes, Spinach NY Local Apple , 1% Milk</p>	<p>18</p> <p>Green Goddess Tuna Sandwich, 2 slice bread, tomato, carrots, celery, Pasta salad Orange, 1% Milk</p>	<p>19</p> <p>Brazilian Grilled chic wrap: Chicken breast, lettuce, carrots, tomato, bell peppers, whole-wheat tortilla, Garden salad Cookie, 1% Milk</p>	<p>20</p> <p>Egg Mediterranean Salad Sandwich Potato salad 2 Slices of bread, Pudding (Diet/Sugar Free) 1% Milk</p>
<p>23</p> <p>Pimiento Cheese Sandwich, spinach, lettuce, tomatoes, whole-wheat sub, Pasta salad Pear / Milk</p>	<p>24</p> <p>2 Boiled eggs, lettuce, tomato, red peppers, carrots, W.W. dinner rolls, Italian dressing, Potato salad Mandarin 1% Milk</p>	<p>25</p> <p>Turkey Reuben Sandwich Turkey Breast, Mozzarella whole wheat- Tortilla, Ranch dressing, Pasta salad Cookie, 1% Milk</p>	<p>26</p> <p>Parmesan Tuna Sandwich Salad Potato salad, Gelatin, 1% Milk</p>	<p>27</p> <p>Chicken Caesar Wrap: Grilled chicken, mozzarella cheese, whole wheat tortilla, garden salad, Caesar dressing, Banana, 1% Milk</p>
<p>30</p> <p>Roast Beef Sandwich Cheese, Arugula, Creamy Horseradish, Escabeche cabbage salad, Peach, 1% Milk</p>				