



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Global Favor 2</p> <p>Chicken Pot pie Pasta, cauliflower, NY Local Apple, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>Global Favor 2</p> <p>Chicken Florentine Mashed potato, Green Beans , Pear, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>3 Local Ingredients 4</p> <p>Cheese Ravioli W/ turkey Bolognese, Broccoli, Gelatin, Wheat Bread (1 Slice), 2% Milk/1 margarine</p>	<p>Local Ingredients 4</p> <p>Mac & Cheese Zucchini, corn Mandarin Wheat bread Milk/Margarine</p>
<p>7</p> <p>Honey Mustard Chicken, Rosemary Butter Rice, Vegetable Medley Diced peach,Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>8</p> <p>Stuffed Spinach Ricotta Shells, marinara sauce, garlic Green beans, gelatin,Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>9</p> <p>Bread Haddock , Mashed Potato, Peas & Carrots, Tropical fruit, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>10 Gourmet Plus 11</p> <p>Dill Crusted Chicken, Cheddar, Spinach Grits, Broccoli Apple, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>11</p> <p>Hotdog Day Baked beans Coleslaw Brownie Wheat Bread 2% Milk/margarine</p>
<p>14</p> <p>Holiday! No Meals served today.</p>	<p>15 Global Favor 16</p> <p>Chimichurri Chicken Breast Jack white rice Mix veggie Tropical fruit Whole Wheat Bread 2% Milk/margarine</p>	<p>Fall Special 16</p> <p>Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce,Mashed potato, Brussels Sprouts & Corn,Mandarin,Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>17</p> <p>Lentil Soup White rice, pear Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>18 Gourmet Plus 19</p> <p>Garlic Herb Roasted Cod Fish w/Parsley Potatoes, zucchini & Beurre Blanc Sauce Wheat Bread (1 slice), 2% Milk/1 margarine</p>
<p>21 Local Ingredients 22</p> <p>Turkey meatball w/ gravy, Potato Leeks Mash,Corn and red peppers,NY Local Apple, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>22</p> <p>Braised Beef w/ vegetables. Mashed sweet potato Banana, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>23</p> <p>Mediterranean Cod, baked potato,Carrots Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>24</p> <p>Chicken Scampi, Cavatappi pasta, steamed Broccoli, Mandarin, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>25</p> <p>Mushroom Chicken Wild Rice Garlic Roasted & Green beans Gelatin,Wheat Bread 2% Milk/1 margarine</p>
<p>28</p> <p>American Chop Suey,Green Beans, ,NY Local Apple, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>29</p> <p>Fish Cake w/ Tartare Israeli couscous Fava bean and Corn, pea , pudding, Wheat Bread (1 slice), 2% Milk/1 margarine</p>	<p>30 Seasonal Top Rated 31</p> <p>Tortellini Fall Soup Broccoli Cookie,Wheat Bread 2% Milk/margarine</p>	<p>31 Local Ingredients 32</p> <p>Butternut Squash risotto W/ Grilled chicken Spinach Banana Wheat Bread 2% Milk/1 margarine</p>	

Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM at **781-388-2303**.

*Menu subject to change without notice.