



OCTOBER 2024



Stock Pot - Supper Cold

Monday	Tuesday	Wednesday	Thursday	Friday
	Global Favor 1 Japanese Egg Salad Sandwich cucumber Salad 2 slice of bread white bread Mandarin 2% Milk	2 Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Macaroni Pasta Salad Pear 2% Milk	Gourmet Plus 3 Orange grill Chicken, Couscous Salad, italian dressing Peach, 2% milk.	4 Chicken Waldorf wrap French Potato salad Brownie 2% Milk
7 Chicken Caesar Sandwich Grilled Chicken, Lettuce, whole wheat bread, Broccoli, cheddar Pasta salad (recipe 8), Tropical Fruit , 2% Milk	8 Healthy Tuna Sandwich Salad 2 slice bread, Farm Garden Salad Ny local Apple 2% Milk	9 Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw, Pear, 2% Milk	10 West Coast smoked turkey (low sodium) Sandwich Cheddar cheese, lettuce, whole-wheat sub, Creamy Potato salad Mandarin, 2 % Milk	Local Ingredients 11 Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, dinner rolls Banana, 2% Milk
14 Holiday! No meals delivered.	Fall Special 15 LOW SODIUM DELI Turkey Salad Wrap Fall Pasta salad NY Local Apple 2% Milk	Seasonal Top Rated 16 Sweet corn Tuna salad Sandwich, 2 slice bread, lettuce, Farm Garden Salad Orange, 2% Milk	17 Classic Chicken salad Sandwich Chicken breast, lettuce, Everything bagel French Potato salad, Cookie, 2% Milk	Global Favor 18 Japanese Egg Salad Sandwich Macaroni Pasta salad 2 slices of white bread mandarin 2% Milk
Gourmet Plus 21 Orange grill Chicken, Couscous Salad, italian dressing Peach, 2% milk.	22 Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Creamy Potato salad Pear, 2% Milk	Local Ingredients 23 Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, dinner rolls Banana, 2% Milk	24 Healthy Tuna Sandwich Salad 2 slice bread, Farm Garden Salad Ny local Apple, 2% Milk	25 Chicken Caesar Wrap: Grilled chicken, Caesar dressing, mozzarella cheese, whole wheat tortilla, chickpea Potato salad, Caesar dressing, Banana, 1% Milk
Global Favor 28 Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw, Pear, 2% Milk	Seasonal Top Rated 29 Sweet corn Tuna salad Sandwich, 2 slice bread, lettuce, Farm Garden Salad Orange, 2% Milk	30 Smoke-grilled chicken sandwich lettuce, cheddar cheese, whole-wheat sub, French Potato salad Banana, 2% Milk	Global Favor 31 Japanese Egg Salad Sandwich cucumber Salad 2 slice of bread white bread Mandarin 2% Milk	

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

***Menu subject to change without notice.**