

Mystic Valley Elder Services

Supper Cold
October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tuna Salad Lettuce Leaf Balsamic Pasta Salad Cauliflower & Carrot Salad Diced Peaches 1% Milk 566 kcal 720 mg sodium	Sliced Roast Beef Sliced Provolone Cheese Mayonnaise Lettuce Leaf Macaroni Salad Beet Salad Wheat Bread Applesauce 1% Milk 990 kcal 847 mg sodium	Egg Salad Lettuce Leaf Greek Pasta Salad Cucumber & Onion Salad Multi-GrainBread (2) Sugar Free Vanilla Pudding Whipped Topping Milk 915 kcal/1252 mg sodium	Deli Turkey Breast Swiss Cheese Lettuce Leaf Potato Salad Coleslaw Wheat Bread Crispy Cinnamon Bites 1% Milk 934 kcal 851 mg sodium
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Turkey Breast Swiss Cheese Quinoa Tabbouleh Cauliflower Carrot Salad Multi-GrainBread (2) Blueberry Yogurt 481 kcal 919 mg sodium	Sliced Roast Beef Sliced Provolone Cheese Lettuce Leaf Potato Salad Summer Squash Salad Wheat Bread Diced Peaches 1% Milk 773 kcal 832 mg sodium	Sliced Ham Swiss Cheese Broccoli Ziti Salad Squash & Zucchini Salad Wheat Bread Seasonal Fruit Mustard 1% Milk 901 kcal 1093 mg sodium	Curry Chicken Salad Lettuce Leaf Riviera Salad English Pea Salad Multi-GrainBread (2) Diced Pears 1% Milk 744 kcal 1016 mg sodium	Tuna Salad Lettuce Leaf Tri-Color Pasta Salad Wheat Bread Sugar Free Vanilla Pudding Whipped Topping 1% Milk 866 kcal 1075 mg sodium
Holiday! No meals.	Chicken Salad Orzo Veg Salad Fresh Roman Mix Salad Multi-GrainBread (2) Chocolate Pudding w/ Topping 1% Milk 1145 kcal 962 mg sodium	Hi f_Yri6 fYUgh Gk jgg'7\ YYgY @!ti W' @UZ 6 U'YmFUjgjb'GUUX' 7 cbZ!Hj'7c'Yg'Uk'K\ YU! 6 fYUX 5 dd'Y'7 jbbUa cb' ; fUA Ua g%'A]_ - \$%_WU#\$\$+- 'a ['gcX]i a	Sliced Roast Beef Sliced Provolone Cheese Lettuce Leaf Potato Salad Beet Salad Wheat Bread Fresh Orange 1% Milk 905 kcal 798 mg sodium	Vegetarian Chef Salad Sweet Potato Salad Cranberry Orange Loaf Mandarin Oranges 1% Milk Italian Dressing Margarine 727 kcal 681 mg sodium
Egg Salad Barley Raisin Salad Zucchini Salad Multi-GrainBread (2) Diced Peaches 1% Milk 821 kcal 1180 mg sodium	Turkey Breast Swiss Cheese Lettuce Leaf Summer Potato Salad Spinach Mandarin Salad Wheat Bread Seasonal Fruit 1% Milk Mayonnaise 887 kcal 935 mg sodium	Tuna Salad Lettuce Leaf Orzo, Feta, Broccoli Salad Confetti Coleslaw Multi-GrainBread (2) Chocolate Pudding w/ Topping 1% Milk 887 kcal 1179 mg sodium	Sliced Roast Beef Sliced Provolone Cheese Lettuce Leaf Italian Pasta Salad Cauliflower Carrot Salad Wheat Bread Mixed Fruit 1% Milk Mayonnaise 887 kcal 927 mg sodium	California Chicken Salad Lettuce Leaf Quinoa Tabbouleh Fresh Roman Mix Salad Multi-GrainBread (2) Fig Bar Cookie 1% Milk 830 kcal 870 mg sodium
28	29	30	31	
Curry Chicken Salad Potato Salad Squash & Zucchini Salad Multi-GrainBread (2) Chocolate Chip Cookies 1% Milk 831 kcal 755 mg sodium	Tuna Salad Lettuce Leaf Greek Pasta Salad Cauliflower Carrot Salad Wheat Bread Sugar Free Vanilla Pudding Whipped Topping 1% Milk 950 kcal 1152 mg sodium	Sliced Roast Beef Sliced Provolone Cheese Lettuce Leaf Potato Salad Beet Salad Multi-GrainBread (2) Fresh Orange 1% Milk Mayonnaise 853 kcal 1032 mg sodium	Turkey Breast Swiss Cheese Balsamic Pasta Salad Confetti Coleslaw Wheat Bread Applesauce 1% Milk Mayonnaise 886 kcal 967 mg sodium	

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.