


Monday	Tuesday	Wednesday	Thursday	Friday
				Local Ingredients 1 Mac & Cheese , Zucchini, Mandarin cup , 2% Milk,
4 Honey Mustard Chicken, rosemary brown rice Vegetable Medley Peach, 2% Milk	5 Stuffed Spinach Ricotta Shells, marinara sauce, garlic Green beans, gelatin, Milk	6 Bread Haddock, Mashed Potato, Peas Tropical fruit, 2% Milk	Gourmet Plus 7 Dill Crusted Chicken, Cheddar Spinach Grits, Broccoli, Applesauce 2% Milk	8 Hearty Beef Chili , Brown Rice, cauliflower Peach, 2% Milk
11 Holiday No Meals	Global Favor 12 Chimichurri Chicken Breast, Jack brown rice, mix veggie, Tropical fruit, 2% Milk	Fall Special 13 Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce, Mashed potato, Brussels Sprouts & Corn, Mandarin, 2% Milk	14 Lentil Soup brown rice, pear 2% Milk	Gourmet Plus 15 Garlic Herb Roasted Cod Fish & Beurre Blanc Sauce, Parsley Potatoes, zucchini Applesauce, 2% Milk
Local Ingredients 18 Turkey meatball w/ gravy, Potato Leeks Mash, Corn and red peppers, Applesauce, 2% Milk	19 Braised Beef w/ vegetables. Mashed sweet potato, Tropical Fruit 2% Milk	20 Mediterranean Cod, baked potato ,peas Pear, 2% Milk	21 Chicken Scampi, Cavatappi pasta, steamed Broccoli, Mandarin, 2% Milk	22 Mushroom Chicken, Wild Rice, garlic Roasted green beans Gelatin, 2% Milk
25 American Chop Suey, Whole wheat pasta, Green Beans, Applesauce 2% Milk	26 Fish Cake w/ Tartare Israeli couscous Fava bean and Corn, peas, pudding, 2% Milk	Seasonal Top Rated 27 Tortellini Fall Soup, Broccoli, peach, 2% Milk	28 Holiday - No Meals	29 Chicken Florentine Mashed potato, Green Beans, Peach Cup, 2% milk

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.