


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

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.