



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Local Ingredients</b> 1 Mac & Cheese Zucchini, corn Mandarin, Wheat bread (1 slice), 2% Milk/1 Margarine
4 Honey Mustard Chicken, Rosemary Butter Rice, Vegetable Medley Diced Peach, Wheat Bread (1 slice), 2% Milk/1 margarine	5 Stuffed Spinach Ricotta Shells, Marinara Sauce, Garlic, Green Beans, Gelatin, Wheat Bread (1 slice), 2% Milk/1 margarine	6 Bread Haddock, Mashed Potato, Peas & Carrots, Tropical fruit, Wheat Bread (1 slice), 2% Milk/1 margarine	<b>Gourmet Plus</b> 7 Dill Crusted Chicken, Cheddar, Spinach Grits, Broccoli Apple, Wheat Bread (1 slice), 2% Milk/1 margarine	8 Hotdog Day, Baked Beans, Coleslaw Brownie, Wheat Bread (1 slice), 2% Milk/1 margarine
11 Holiday - No Meals	<b>Global Favor</b> 12 Chimichurri Chicken Breast, Jack White Rice, Mix Veggies, Tropical Fruit, Whole Wheat Bread (1 slice), 2% Milk/1 margarine	<b>Fall Special</b> 13 Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce, Mashed potato, Brussels Sprouts & Corn, Mandarin, Wheat Bread (1 slice), 2% Milk/1 margarine	14 Lentil Soup White Rice, Pear Wheat Bread (1 slice), 2% Milk/1 margarine	<b>Gourmet Plus</b> 15 Garlic Herb Roasted Cod Fish w/ Parsley Potatoes, zucchini & Beurre Blanc Sauce, Cookie Wheat Bread (1 slice), 2% Milk/1 margarine
<b>Local Ingredients</b> 18 Turkey meatball w/ Gravy, Potato Leeks Mash, Corn & Red Peppers, NY Local Apple, Wheat Bread (1 slice), 2% Milk/1 margarine	19 Braised Beef w/ Vegetables. Mashed Sweet Potato Banana, Wheat Bread (1 slice), 2% Milk/1 margarine	20 Mediterranean Cod, Baked Potato, Carrots Wheat Bread (1 slice), 2% Milk/1 margarine	21 Chicken Scampi, Cavatappi Pasta, Steamed Broccoli, Mandarin, Wheat Bread (1 slice), 2% Milk/1 margarine	22 Mushroom Chicken, Wild Rice, Garlic, Roasted Green Beans Gelatin, Wheat Bread (1 slice), 2% Milk/1 margarine
25 American Chop Suey, Green Beans, NY Local Apple, Wheat Bread (1 slice), 2% Milk/1 margarine	26 Fish Cake w/ Tartare Israeli Couscous Fava Bean & Corn & Peas, Pudding, Wheat Bread (1 slice), 2% Milk/1 margarine	<b>Seasonal Top Rated</b> 27 Tortellini Fall Soup Broccoli Cookie, Wheat Bread (1 slice), 2% Milk/1 margarine	28 Holiday - No Meals	29 Chicken Florentine Mashed potato, Green Beans , Pear, Wheat Bread (1 slice), 2% Milk/1 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.