

Kosher Menu

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday 1st
	<p>To cancel your meal, please call Mystic Valley Nutrition Department at least one day in advance before 11:30 AM. 781-388-2303</p> <p>Menu Subject to change.</p>			<p>Chicken Pot Pie Steamed Carrots Whole Grain Bread Orange (cal) 721 (Na) 700</p>
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
<p>Stuffed Cabbage Asparagus Baked Potato Fruit Cup and Cookie Dinner Roll (cal) 751 (Na) 997</p>	<p>Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread (cal) 828 (Na) 802</p>	<p>Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce (cal) 864 (Na) 524</p>	<p>Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Jello Dinner Roll (cal) 905 (Na) 782</p>	<p>Pasta Primavera Veggie Crumble, Vegetables in a garlic wine sauce tossed with Penne Fruit Cup Challah Bread (cal) 753 (Na) 681</p>
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<p>Veterans Day</p>	<p>Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake and Fruit Cup (cal) 790 (Na) 1246</p>	<p>Chicken Stir Fry Chicken and Vegetables Sauteed with lo mein noodles Orange and Jello Dinner Roll (cal) 718 (Na) 354</p>	<p>Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 730 (Na) 874</p>	<p>Meatloaf w/Gravy Mashed Potato Peas and Onions Challah Bread Apple Sauce (cal) 748 (Na) 537</p>
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
<p>Meatball Stroganoff Egg Noodles Steamed Carrots Fruit Cup Dinner Roll (cal) 713 (Na) 583</p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp (cal) 890 (Na) 932</p>	<p>Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello (cal) 724 (Na) 700</p>	<p>Dill Poached Salmon Steamed Rice Spinach Orange and Cake Whole Grain Bread (cal) 794 (Na) 630</p>	<p>Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread (cal)920 (Na) 1002</p>
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
<p>Chicken Cacciatore Egg Noodles Dinner Roll Peaches (cal) 726(Na) 573</p>	<p>Vegetable Quiche Roast Potato Fruit Cup Challah Bread (cal) 707 (Na) 769</p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Pumpkin Pie (cal) 777 (Na) 950</p>	<p>Thanksgiving</p>	<p>Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Challah Bread (cal) 737 (Na) 875</p>