


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