


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