

# Russian 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 Pear Milk <b>(cal) 758 (Na) 794</b></p>
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
<p>Stuffed Cabbage Asparagus Baked Potato Dinner Roll Fruit Cup Milk <b>(cal) 733 (Na) 1052</b></p>	<p>Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread Milk <b>(cal) 930 (Na) 909</b></p>	<p>Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce Milk <b>(cal) 966 (Na) 632</b></p>	<p>Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Cookie and Fruit Cup Whole Grain Bread Milk <b>(cal) 1066 (Na) 963</b></p>	<p>Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Milk <b>(cal) 736 (Na) 1053</b></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/Fruit Cup Milk <b>(cal) 892 (Na) 1353</b></p>	<p>Macaroni and Cheese Grilled Peppers and Onions Orange Dinner Roll Milk <b>(cal) 754 (Na) 854</b></p>	<p>Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread Milk <b>(cal) 774 (Na) 917</b></p>	<p>Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Apple Sauce Milk <b>(cal) 843 (Na) 696</b></p>
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
<p>Meatball Stroganoff Egg Noodles Steamed Carrots Fruit Cup Dinner Roll Milk <b>(cal) 815 (Na) 691</b></p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp Milk <b>(cal) 993 (Na) 1039</b></p>	<p>Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello Milk <b>(cal) 826 (Na) 615</b></p>	<p>Dill Poached Salmon Steamed Rice Spinach Orange Whole Grain Bread Milk <b>(cal) 702 (Na) 519</b></p>	<p>Chicken Kiev Braised Cabbage Kasha Vanishka Pear Dinner Roll Milk <b>(cal) 990 (Na) 1072</b></p>
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
<p>Chicken Cacciatore Egg Noodles Dinner Roll Peaches Milk <b>(cal) 799 (Na) 648</b></p>	<p>Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread Milk <b>(cal) 809 (Na) 877</b></p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Pumpkin Pie Milk <b>(cal) 879 (Na) 1057</b></p>	<p>Thanksgiving</p>	<p>Cheese Blintz w Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll Milk <b>(cal) 807 (Na) 945</b></p>