

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Calories 645 Sodium 759	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 782 Sodium 573	Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 626 Sodium 778	Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 573 Sodium 627	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 671 Sodium 736
9	10	11	12	13
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 678 Sodium 496	Pork with Mushroom Cream Sauce Whole Grain Pasta Green Beans Fruit Wheat Roll Calories 717 Sodium 636	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 715 Sodium 594	Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit Wheat Bread Calories 650 Sodium 576
16	17	18	19	20
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 507 Sodium 643	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll Calories 661 Sodium 510	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 648 Sodium 496	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 719 Sodium 476	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 780 Sodium 572
23	24	25	26	27
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 707 Sodium 559	Christmas	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 563	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Wheat Roll Calories 520 Sodium 719
30	31			
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Calories 645 Sodium 759	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 782 Sodium 573		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	Menu Subject to change. Totals Include 105 mg Na+ for 1% milk and 30 mg Na+ for Margarine.