


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheese Lasagna (390) Marinara & Mozzarella Cheese (315) Green Beans w/ Red Peppers (20) Hawaiian Roll (80) Fruit (0) <b>Calories 644 Sodium 940</b>	Meatloaf w/ Gravy (546) Mashed Potatoes (124) Mixed Vegetables (51) Wheat Bread (65) Shortbread Cookie (150) <b>Calories 842 Sodium 1071</b>	Pulled Pork Tacos w/Lime Wedge(319) Mexican Rice (71) Black Beans, Corn & Peppers (61) Mini Tortillas, 2, (270) Fruit (0) <b>Calories 760 Sodium 856</b>	Chicken Anna Maria (270) Roasted Potatoes (85) Spinach & Peppers (65) Wheat Bread (65) Pudding (130) <b>Calories 791 Sodium 750</b>	Teriyaki Shrimp (561) White Rice (25) Edamame & Corn (21) Wheat Roll (150) Cinnamon Apples (3) <b>Calories 696 Sodium 895</b>
9	10	11	12	13
Beef w/ Peppers & Onions (155) Mashed Potatoes (124) Carrots (56) Dinner Roll (150) Fruit (0) <b>Calories 675 Sodium 620</b>	Stewed Chicken (174) Polenta (4) Vegetable Medley (54) Hawaiian Roll (80) Oatmeal Cookie (90) <b>Calories 680 Sodium 537</b>	Meatballs & Marinara (Beef) (635) Whole Grain Pasta (4) Brussel Sprouts & Carrots (41) Garlic Bread (235) Fruit (0) <b>Calories 737 Sodium 1050</b>	Powerhouse Turkey Chili w/ Sweet Potatoes w/ Shredded Cheese (468) California Blend Vegetables (54) Whole Grain Cornbread (180) Fruit (0) <b>Calories 864 Sodium 822</b>	Tuscan White Fish (480) Rice Pilaf (50) Broccoli (34) Wheat Bread (65) Pudding (130) <b>Calories 826 Sodium 894</b>
16	17	18	19 <b>Holiday Meal – High Sodium Meal</b>	20
Hawaiian Chicken (w/ pineapple) (238) Sweet Rice (38) Carrots (56) Wheat Bread (65) Fruit (0) <b>Calories 814 Sodium 534</b>	Potato Pollock (290) Vegetable Rice Pilaf (50) Green Peas (20) Wheat Roll (150) Pudding (130) Tartar Sauce (100) <b>Calories 864 Sodium 875</b>	Stuffed Shells (230) w/ Turkey Bolognese & Parmesan(309) Mixed Vegetables (56) Wheat Roll (150) Mixed Fruit (0) <b>Calories 678 Sodium 880</b>	Baked Ham w/ Pineapple-Raisin Sauce (754) Mashed Sweet Potatoes (141) Broccoli (29) Wheat Roll (150) Cinnamon Swirl (105) <b>Calories 898 Sodium 1314</b>	Maple-Bacon Glazed Chicken (419) Roasted Potatoes (85) Brussel Sprouts (26) Wheat Bread (65) Fruit (0) <b>Calories 721 Sodium 730</b>
23	24	25	26	27
Beef Stew (330) w/ Cornbread Loaf (180) Kale & Peppers (29) Fruit (0) <b>Calories 741 Sodium 674</b>	Roast Turkey w/ Gravy (400) Mashed Potatoes (124) Green Beans (20) Dinner Roll (150) Vanilla Pudding (130) <b>Calories 730 Sodium 959</b>	Christmas	Shepherd's Pie (Beef) (302) w/ Mashed Potatoes, Corn & Peas(124) Whole Grain Biscuit (370) Fruit (0) <b>Calories 827 Sodium 931</b>	Creamy Garlic Salmon (407) Rice Pilaf (50) Mixed Root Vegetables (65) Wheat Roll (135) Pound Cake (240) <b>Calories 971 Sodium 1032</b>
30	31			
Unstuffed Pepper Bowl w/Beef (276) White Rice (25) Carrots (56) Wheat Roll (150) Mixed Fruit (5) <b>Calories 751 Sodium 997</b>	Homemade Fried Chicken (186) Black Eyed Peas (141) Green Beans w/ Red Peppers (20) Hawaiian Roll (80) Chocolate Swirl (105) <b>Calories 751 Sodium 997</b>		<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>	Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine. Individual Sodium amount in ( _ )