

January 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	New Year's Day	Pasta Primavera with veggie crumble Apple Sauce Whole Grain Bread (cal) 756 (Na) 755	Chicken Pot Pie Steamed Carrots Challah Bread Peaches (cal) 714 (Na) 700
6	7	8	9	10
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange (cal) 713 (Na) 632	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread (cal) 828 (Na) 802	Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce (cal) 864 (Na) 524	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread (cal) 919 (Na) 870	Beef Kabob Sweet Potato Roast Vegetables Challah Bread Jello (cal) 756 (Na) 546
13	14	15	16	17
Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Orange and Jello Dinner Roll (cal) 718 (Na) 354	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake and Fruit Cup (cal) 790 (Na) 1246	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll (cal) 785 (Na) 1067	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 701 (Na) 842	Beef Brisket Mashed Potato Carrots Challah Bread Apple Sauce (cal) 703 (Na) 441
20	21	22	23	24
Martin Luther King Jr. Day	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp (cal) 890 (Na) 932	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake (cal) 895 (Na) 753	Dill Poached Salmon Steamed Rice Spinach Orange Whole Grain Bread (cal) 749 (Na) 497	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread (cal)920 (Na) 1002
27	28	29	30	31
Chicken Cacciatore Egg Noodles Dinner Roll Peaches (cal) 788 (Na) 561	Meatball Stroganoff Mashed Potato Steamed Carrots Apple Dinner Roll (cal) 744 (Na) 825	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll (cal) 779 (Na) 765	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Whole Grain Bread (cal) 745 (Na) 1080	Stuffed Cabbage Rice Pilaf Roast Beets Mixed Fruit Dinner Roll (cal) 701 (Na) 981