

# December 2024

# Mystic Valley Elder Services

# Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Grilled Chicken Thighs</b> <b>Israeli Cous Cous</b> <b>Roast Broccoli</b> <b>Cake</b> <b>Dinner Roll</b> <b>(cal) 882 (Na) 872</b>	<b>Stuffed Sole lemon sauce</b> <b>Roasted Potato</b> <b>Steamed Spinach</b> <b>Pears</b> <b>Whole Grain Bread</b> <b>(cal) 732 (Na) 1118</b>	<b>Stuffed Cabbage</b> <b>Rice Pilaf</b> <b>Roast Beets</b> <b>Mixed Fruit</b> <b>Dinner Roll</b> <b>(cal) 745 (Na) 1024</b>	<b>Pasta Primavera</b> <b>with veggie crumble</b> <b>Cookie</b> <b>Whole Grain Bread</b> <b>(cal) 961 (Na) 945</b>	<b>Chicken Pot Pie</b> <b>Steamed Carrots</b> <b>Dinner Roll</b> <b>Peaches</b> <b>(cal) 726 (Na) 705</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Baked Macaroni and Cheese</b> <b>Roast Tomatoes</b> <b>Orange</b> <b>Dinner Roll</b> <b>(cal) 731 (Na) 917</b>	<b>Apple Stuffed Chicken</b> <b>Baked Potato</b> <b>Peas and Onions</b> <b>Pineapple Cake</b> <b>Whole Grain Bread</b> <b>(cal) 930 (Na) 909</b>	<b>Beef Knish</b> <b>Steamed Rice</b> <b>Roast Beets</b> <b>Dinner Roll</b> <b>Apple Sauce</b> <b>(cal) 966 (Na) 632</b>	<b>Kotleti (Chicken Patty with Gravy)</b> <b>Vegetable Potato Medley</b> <b>Fruit Cup</b> <b>Whole Grain Bread</b> <b>(cal) 1022 (Na) 977</b>	<b>Beef Kabob</b> <b>Sweet Potato</b> <b>Roast Vegetables</b> <b>Dinner Roll</b> <b>Jello</b> <b>(cal) 826 (Na) 615</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Stuffed Shells</b> <b>Marinara Sauce</b> <b>Steamed Spinach</b> <b>Pudding</b> <b>Dinner Roll</b> <b>(cal) 795 (Na) 1142</b>	<b>Baked Cod</b> <b>Rice Pilaf</b> <b>Asparagus</b> <b>Whole Grain Bread</b> <b>Cake and Fruit Cup</b> <b>(cal) 842 (Na) 1277</b>	<b>Cheese Blintz w/ Blueberry Sauce</b> <b>Home Fries</b> <b>Veggie Sausage</b> <b>Peaches</b> <b>Dinner Roll</b> <b>(cal) 887 (Na) 1175</b>	<b>Herb Roast Chicken</b> <b>Corn</b> <b>Roast Sweet Potato</b> <b>Fruit Cup</b> <b>Whole Grain Bread</b> <b>(cal) 774 (Na) 917</b>	<b>Meatloaf w/Gravy</b> <b>Mashed Potato</b> <b>Peas and Onions</b> <b>Dinner Roll</b> <b>Apple Sauce</b> <b>(cal) 818 (Na) 607</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Vegetable Quiche</b> <b>Potato Vegetable Medley</b> <b>Fruit Cup</b> <b>Dinner Roll</b> <b>(cal) 755 (Na) 755</b>	<b>Turkey Dinner w/ Gravy</b> <b>Mashed Potato</b> <b>Green Beans</b> <b>Stuffing</b> <b>Apple Crisp</b> <b>(cal) 993 (Na) 1039</b>	<b>Holiday – No Meals</b>	<b>Dill Poached Salmon</b> <b>Steamed Rice</b> <b>Spinach</b> <b>Orange</b> <b>Whole Grain Bread</b> <b>(cal) 702 (Na) 519</b>	<b>Chicken Kiev</b> <b>Braised Cabbage</b> <b>Kasha Vanishka</b> <b>Pear</b> <b>Dinner Roll</b> <b>(cal)990 (Na) 1072</b>
<b>30</b>	<b>31</b>			
<b>Chicken Cacciatore</b> <b>Egg Noodles</b> <b>Dinner Roll</b> <b>Cookie</b> <b>(cal) 741 (Na) 583</b>	<b>Meatball Stroganoff</b> <b>Mashed Potato</b> <b>Steamed Carrots</b> <b>Apple</b> <b>Dinner Roll</b> <b>(cal) 856 (Na) 858</b>		<b>Note: To cancel your meal, please call</b> <b>Mystic Valley Nutrition at least one</b> <b>day in advance before 11:30 AM:</b> <b>781-388-2303</b>	<b>Menu Subject to change.</b> <b>All Meals totals include Milk.</b>