


December 2024

Mystic Valley Elder Services

Stockpot Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Diane Cabbage and Peas Mashed Potato Tropical Fruit	Chicken Pot pie Cauliflower Applesauce	Chicken Florentine Basmati Rice Green Beans Peach Cup	Cheese Ravioli W/ turkey Bolognese Broccoli Gelatin	Mac & Cheese Zucchini corn Mandarin
9	10	11	12	13
Honey Mustard Chicken Rosemary Butter Rice Vegetable Medley Peach Cup	Stuffed Spinach Ricotta Shells marinara sauce Garlic Green beans Gelatin	Bread Haddock Mashed Potato Peas & Carrots Tropical fruit	Dill Crusted Chicken Cheddar Spinach Grits Broccoli Apple	Hearty Beef Chili Brown Rice Cauliflower Peaches
16	17	18	19	20
Marinara Meat ball w/ Basil Polenta Steam Broccoli Peached	Chimichurri Chicken Breast Jack white rice Mix vegetables Tropical fruit	Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce Mashed potato Brussels Sprouts & Corn Mandarin	Lentil Soup White rice Pear	Garlic Herb Roasted Cod Fish w/ Parsley Potatoes Zucchini Beurre Blanc Sauce Applesauce
23	24	25	26	27
Turkey meatball w/ gravy Potato Leeks Mash Corn and red peppers Applesauce	Braised Beef w/ vegetables Mashed sweet potato Tropical Fruit	Christmas	Chicken Scampi Cavatappi pasta Steamed Broccoli Mandarin	Mushroom Chicken Wild Rice Garlic Roasted green beans Gelatin
30	31			
American Chop Suey Green Beans Applesauce	Fish Cake w/ Tartare Israeli couscous Fava bean and Corn & Pea pudding		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. All Meals include Milk and Margarine