


December 2024

Mystic Valley Elder Services

Stockpot Cardiac

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