


**December 2024**

**Mystic Valley Elder Services**

**Stockpot Chopped / Ground**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Diane Cabbage and Peas Mashed Potato Tropical Fruit	Chicken Pot pie Cauliflower Applesauce	Chicken Florentine Brown Rice Green Beans Peach Cup	Cheese Ravioli W/ turkey Bolognese Broccoli Gelatin	Mac & Cheese Zucchini & Carrots Mandarin
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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 Tropical fruit	Dill Crusted Chicken Spinach Grits Broccoli Applesauce	Hearty Beef Chili Brown Rice Cauliflower Peach
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Marinara Meat ball w/ basil Polenta Steam Broccoli Peach	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 Pears	Garlic Herb Roasted Cod Fish w/ Parsley Potatoes Zucchini Applesauce
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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
<b>30</b>	<b>31</b>			
American Chop Suey Green Beans Applesauce	Fish Cake w/ Tartare Israeli couscous Fava bean and Corn & Pea Tropical Fruit		<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>	<b>Menu Subject to change.</b> All Meals include Milk, nutrition shake and Margarine.  Items prepared to texture ordered.