


# December 2024

# Mystic Valley Elder Services

# Stockpot Low Lactose

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>2</b>   | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>6</b>   |
| Chicken Diane<br>Cabbage and Peas<br>Mashed Potato<br>Tropical Fruit<br>Wheat Bread                | Chicken Pot pie<br>Cauliflower<br>Applesauce<br>Wheat Bread  | Chicken Florentine<br>Brown Rice<br>Green Beans<br>Peach Cup<br>Wheat Bread   | Cheese Ravioli<br>W/ turkey Bolognese<br>Broccoli<br>Gelatin<br>Wheat Bread   | Mac & Cheese (dairy free sauce)<br>Zucchini & Carrots<br>corn<br>Mandarin<br>Wheat bread     |
| <b>9</b>   | <b>10</b>  | <b>11</b>   | <b>12</b>   | <b>13</b>  |
| Honey Mustard Chicken<br>Rosemary Butter Rice<br>Vegetable Medley<br>Peach Cup<br>Wheat Bread      | Stuffed Spinach Ricotta Shells<br>marinara sauce<br>Garlic Green beans<br>Gelatin<br>Wheat Bread       | Bread Haddock<br>Mashed Potato<br>Peas<br>Tropical fruit<br>Wheat Bread   | Dill Crusted Chicken<br>Spinach Grits<br>Broccoli<br>Applesauce<br>Wheat Bread  | Hearty Beef Chili<br>Brown Rice<br>Cauliflower<br>Peach<br>Wheat Bread                       |
| <b>16</b>  | <b>17</b>  | <b>18</b>   | <b>19</b>   | <b>20</b>  |
| Marinara Meat ball w/ basil<br>Polenta<br>Steam Broccoli<br>Peach<br>Wheat Bread                   | Chimichurri Chicken Breast<br>Jack white rice<br>Mix vegetables<br>Tropical fruit<br>Whole Wheat Bread | Black pepper & Sage Turkey Big<br>Meat Ball w/ Cranberry sauce<br>Mashed potato<br>Brussels Sprouts & Corn<br>Diet Gelatin<br>Wheat Bread | Lentil Soup<br>White rice<br>Pears<br>Wheat Bread   | Garlic Herb Roasted Cod Fish w/<br>Parsley Potatoes<br>Zucchini<br>Applesauce<br>Wheat Bread |
| <b>23</b>  | <b>24</b>  | <b>25</b>   | <b>26</b>   | <b>27</b>  |
| Turkey meatball w/ gravy<br>Potato Leeks Mash<br>Corn and red peppers<br>Applesauce<br>Wheat Bread | Braised Beef w/ vegetables<br>Mashed sweet potato<br>Tropical Fruit<br>Wheat Bread                     | <b>Christmas</b>  | Chicken Scampi<br>Cavatappi Pasta<br>Steamed Broccoli<br>Mandarin<br>Wheat Bread  | Mushroom Chicken<br>Wild Rice<br>Garlic Roasted green beans<br>Gelatin<br>Wheat Bread        |
| <b>30</b>  | <b>31</b>  |   |   |  |
| American Chop Suey<br>Green Beans<br>Applesauce<br>Wheat Bread                                     | Fish Cake w/ Tartare<br>Israeli couscous<br>Fava bean and Corn & Pea<br>Tropical Fruit<br>Wheat Bread  |    | <b>Note: To cancel your meal, please call<br/>Mystic Valley Nutrition at least one<br/>day in advance before 11:30 AM:<br/>781-388-2303</b> | <b>Menu Subject to change.</b><br>All Meals include Lactaid Milk and<br>Margarine            |