


January 2025

Mystic Valley Elder Services

Stockpot Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. All Meals include Lactaid Milk and Margarine</p> 	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p>	<p>New Years Day Holiday – No Meals</p>	<p>Ravioli W/ turkey Bolognese Broccoli Gelatin Wheat Bread</p>	<p>Mac & Cheese (dairy free sauce) Zucchini & Carrots Mandarin Wheat bread</p>
6	7	8	9	10
<p>Honey Mustard Chicken Rosemary Rice Vegetable Medley Peach Cup Wheat Bread</p>	<p>Stuffed Spinach Ricotta Shells marinara sauce Garlic Green beans Gelatin Wheat Bread</p>	<p>Breaded Haddock Mashed Potato Peas Tropical fruit Wheat Bread</p>	<p>Dill Crusted Chicken Spinach Grits Broccoli Applesauce Wheat Bread</p>	<p>Hearty Beef Chili White Rice Cauliflower Peach Wheat Bread</p>
13	14	15	16	17
<p>Marinara Meatball w/ basil Polenta Steam Broccoli Peaches Wheat Bread</p>	<p>Chimichurri Chicken Breast Jack white rice Mix vegetables Tropical fruit Whole Wheat Bread</p>	<p>Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce Mashed potato Brussels Sprouts & Corn Diet Gelatin Wheat Bread</p>	<p>Lentil Soup White rice Pears Wheat Bread</p>	<p>Garlic Herb Roasted Cod Fish w/ Parsley Potatoes Zucchini Applesauce Wheat Bread</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Turkey meatball w/ gravy Potato Leeks Mash Corn and red peppers Applesauce Wheat Bread</p>	<p>Braised Beef w/ vegetables Mashed sweet potato Tropical Fruit Wheat Bread</p>	<p>Mediterranean Cod Baked Potato Carrots Pears Wheat Bread</p>	<p>Chicken Scampi Cavatappi Pasta Steamed Broccoli Mandarin Wheat Bread</p>
27	28	29	30	31
<p>Mushroom Chicken Wild Rice Garlic Roasted green beans Gelatin Wheat Bread</p>	<p>American Chop Suey Green Beans Applesauce Wheat Bread</p>	<p>Fish Cake w/ Tartar Israeli couscous Fava bean and Corn & Pea Tropical Fruit Wheat Bread</p>	<p>Tortellini Soup Broccoli Peaches Wheat Bread</p>	<p>Grilled Chicken Butternut Squash Risotto Spinach Gelatin Wheat Bread</p>