


# December 2024

# Mystic Valley Elder Services

# Stockpot Supper

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
West Coast smoked turkey turkey breast, spinach, lettuce, tomatoes, whole-wheat sub, coleslaw cookie	Japanese Egg Salad Sandwich cucumber Salad 2 slices of bread white bread Mandarin	Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Macaroni Pasta Salad Pear	Orange grill Chicken Couscous Salad Italian dressing Peach,	Chicken Waldorf wrap French Potato salad Brownie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Caesar Sandwich Grilled Chicken, Lettuce, whole wheat bread, Broccoli, cheddar Pasta salad Tropical Fruit	Healthy Tuna Sandwich Salad 2 slices of bread, Farm Garden Salad Ny local Apple	Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw Pear	West Coast smoked turkey Sandwich Low sodium turkey breast Cheddar cheese, lettuce, whole-wheat sub, Creamy Potato salad Mandarin	Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, Dinner rolls Banana
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Smoke-grilled chicken sandwich: Smoked grilled chicken, lettuce, cheddar cheese, whole-wheat sub, Chickpea Potato salad Banana	LOW SODIUM DELI Turkey Salad Wrap Fall Pasta salad NY Local Apple	Sweet corn Tuna salad Sandwich, 2 slices of bread, lettuce, Farm Garden Salad Orange	Classic Chicken salad Sandwich Chicken breast, Lettuce Everything bagel French Potato salad Cookie	Japanese Egg Salad Sandwich Macaroni Pasta salad 2 slice of white bread mandarin
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Orange grill Chicken Couscous Salad Italian dressing Peach	Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Creamy Potato salad Pear	Christmas	Healthy Tuna Sandwich Salad 2 slices of bread, Farm Garden Salad Ny local Apple	Chicken Caesar Wrap: Grilled chicken, Caesar dressing. Mozzarella cheese, whole wheat tortilla Chickpea Potato salad Banana
<b>30</b>	<b>31</b>			
Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw Pear	Sweet corn Tuna salad Sandwich, 2 slices of bread, lettuce, Farm Garden Salad Orange		<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 and Margarine