


January 2025

Mystic Valley Elder Services

Stockpot Supper

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. All Meals include 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>Orange grill Chicken Couscous Salad Italian dressing Peach</p>	<p>Chicken Waldorf wrap French Potato salad Brownie</p>
6	7	8	9	10
<p>Chicken Caesar Sandwich Grilled Chicken, Lettuce, whole wheat bread, Broccoli, cheddar Pasta salad Tropical Fruit</p>	<p>Healthy Tuna Sandwich Salad 2 slices of bread, Farm Garden Salad Ny local Apple</p>	<p>Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw Pear</p>	<p>West Coast smoked turkey Sandwich Low sodium turkey breast Cheddar cheese, lettuce, whole-wheat sub, Creamy Potato salad Mandarin</p>	<p>Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, Dinner rolls Banana</p>
13	14	15	16	17
<p>Smoke-grilled chicken sandwich: Smoked grilled chicken, lettuce, cheddar cheese, whole-wheat sub, Chickpea Potato salad Banana</p>	<p>LOW SODIUM DELI Turkey Salad Wrap Fall Pasta salad NY Local Apple</p>	<p>Sweet corn Tuna salad Sandwich, 2 slices of bread, lettuce, Farm Garden Salad Orange</p>	<p>Classic Chicken salad Sandwich Chicken breast, Lettuce Everything bagel French Potato salad Cookie</p>	<p>Japanese Egg Salad Sandwich Macaroni Pasta salad 2 slice of white bread mandarin</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Orange grill Chicken Couscous Salad Italian dressing Peach</p>	<p>Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Creamy Potato salad Pear</p>	<p>Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, Dinner roll Banana</p>	<p>Healthy Tuna Sandwich Salad 2 slices of bread, Farm Garden Salad Ny local Apple</p>
27	28	29	30	31
<p>Chicken Caesar Wrap: Grilled chicken, Caesar dressing. Mozzarella cheese, whole wheat tortilla Chickpea Potato salad Banana</p>	<p>Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw Pear</p>	<p>Sweet corn Tuna salad Sandwich, 2 slices of bread, lettuce, Farm Garden Salad Orange</p>	<p>Smoked Grilled Chicken Sandwich Lettuce, cheddar cheese Whole Wheat sub French Potato Salad Banana</p>	<p>Japanese Egg Salad Sandwich cucumber Salad 2 slices of bread white bread Mandarin</p>