


Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> California Chicken Salad (115) Sweet Potato Salad (60) Cauliflower Carrot Salad (96) LS Wheat Bread 2, (180) Apple cinnamon grahams (85)  <b>Calories 724 Sodium 661</b>	<b>3</b> Egg Salad (130) Potato Salad (100) Broccoli Tomato Salad (64) Multigrain Bread 2, (300) Diet Pudding (144)  <b>Calories 689 Sodium 863</b>	<b>4</b> Turkey & Swiss Cheese (470) Lite mayo /Lettuce Leaf Greek Pasta Salad (182) Cole Slaw (45) LS Wheat Bread,2, (180) Mixed fruit (3)  <b>Calories 790 Sodium 1010</b>	<b>5</b> Roast Beef & Provolone (349) Lite Mayo /Lettuce Leaf Barley Raisin Salad (129) Carrot pineapple Salad (97) Multigrain Bread,2 (300) Applesauce (14)  <b>Calories 863 Sodium 1018</b>	<b>6</b> Tuna Salad (241) Balsamic Vinaigrette Pasta Salad (14) Spinach w/Mandarin Oranges (144) LS Wheat Bread, 2 (180) Fresh fruit (1)  <b>Calories 686 Sodium 706</b>
<b>9</b> Turkey & Swiss (470) Lite Mayo Quinoa Salad (140) Tomato Zucchini Salad (60) LS Wheat bread,2 (180) Pears (5)  <b>Calories 689 Sodium 984</b>	<b>10</b> Chicken Curry Salad (118) Riviera Salad (92) English Pea Salad (156) Multigrain Bread, 2 (300) Yogurt (50)  <b>Calories 671 Sodium 841</b>	<b>11</b> Tuna salad (241) 3-Bean Salad (34) Cucumber Carrot Onion Salad (71) Wheat bread,2 (180) Diet Vanilla Pudding/Topping (144)  <b>Calories 554 Sodium 795</b>	<b>12</b> Ham & Swiss Cheese (545) Lettuce Leaf /Mustard Ziti broccoli Salad (48) Squash, Zucchini, Red onion Salad (6) LS Wheat Bread, 2 (180) Fresh Fruit (1)  <b>Calories 730 Sodium 961</b>	<b>13</b> Roast Beef & Provolone cheese (349) Lite Mayo / Lettuce Leaf Potato Salad (100) Summer Squash Salad (42) Multigrain Bread, 2 (300) Applesauce (14)  <b>Calories 830 Sodium 934</b>
<b>16</b> Tuna Salad (241) Broccoli feta orzo salad (140) Chickpea cucumber tomato salad (109) Multigrain bread, 2 (300) Yogurt (50)  <b>Calories 635 Sodium 965</b>	<b>17</b> Vegetarian Chef Salad (493) Lite Italian Dressing Sweet Potato Salad (60) Snack Loaf Muffin (120) Mandarin Oranges (7)  <b>Calories 693 Sodium 834</b>	<b>18</b> Roast Beef & Provolone Cheese (349) Lite Mayo / Lettuce Leaf English Pea Salad (156) Beet Salad (143) LS Wheat Bread, 2 (180) Diet chocolate pudding/topping (144)  <b>Calories 782 Sodium 1101</b>	<b>19</b> Chicken Salad (121) Orzo Vegetable Salad (14) Roman Blend Salad (90) Multigrain bread, 2 (300) Apple Slices (9)  <b>Calories 629 Sodium 659</b>	<b>20</b> Turkey & Swiss Cheese (470) Lite Mayo / Lettuce Leaf Barley Raisin Salad (129) Cole slaw (45) LS Wheat Bread, 2 (180) Peaches (8)  <b>Calories 742 Sodium 836</b>
<b>23</b> Chicken Curry Salad (118) German Potato Salad (17) Summer Squash Salad (42) Multigrain Bread, 2 (300) Ginger Snap Cookies (105)  <b>Calories 742 Sodium 707</b>	<b>24</b> Turkey & Swiss Cheese (470) Lite Mayo / Lettuce Leaf Macaroni Salad (138) Spinach w/ Mandarin Orange (144) LS Wheat Bread, 2 (180) Fresh Fruit (1)  <b>Calories 897 Sodium 1063</b>	<b>25</b> Christmas	<b>26</b> Tuna salad (241) Broccoli Feta Orzo Salad (140) Purple Cabbage Cole Slaw (55) LS Multigrain Bread, 2 (300) Mixed Fruit (3)  <b>Calories 643 Sodium 864</b>	<b>27</b> Chef salad w/ Ham (570) Ziti Broccoli Salad (48) WW Dinner Roll (180) Applesauce (14)  <b>Calories 685 Sodium 967</b>
<b>30</b> Egg Salad (130) Quinoa Tabbouleh Salad (25) Broccoli Slaw (145) LS Wheat Bread, 2 (180) Lorna Doones (100)  <b>Calories 724 Sodium 705</b>	<b>31</b> California Chicken Salad (115) Sweet Potato Salad (60) Roman Blend Salad (90) Multigrain Bread,2 (300) Diet Vanilla Pudding w/Topping (144)  <b>Calories 567 Sodium 729</b>		<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. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine. Individual Sodium amount in ( _ )</b>