

December 2024

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll (cal) 779 (Na) 765	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Whole Grain Bread (cal) 745 (Na) 1080	Stuffed Cabbage Rice Pilaf Roast Beets Mixed Fruit Dinner Roll (cal) 701 (Na) 981	Pasta Primavera with veggie crumble Apple Sauce Whole Grain Bread (cal) 756 (Na) 755	Chicken Pot Pie Steamed Carrots Challah Bread Peaches (cal) 714 (Na) 700
9	10	11	12	13
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange (cal) 713 (Na) 632	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread (cal) 828 (Na) 802	Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce (cal) 864 (Na) 524	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread (cal) 919 (Na) 870	Beef Kabob Sweet Potato Roast Vegetables Challah Bread Jello (cal) 756 (Na) 546
16	17	18	19	20
Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Orange and Jello Dinner Roll (cal) 718 (Na) 354	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake and Fruit Cup (cal) 790 (Na) 1246	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll (cal) 785 (Na) 1067	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 701 (Na) 842	Meatloaf w/Gravy Mashed Potato Peas and Onions Challah Bread Apple Sauce (cal) 748 (Na) 537
23	24	25	26	27
Vegetable Quiche Potato Vegetable Medley Fruit Cup Dinner Roll (cal) 710 (Na) 712	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp (cal) 890 (Na) 932	Holiday – No Meals	Dill Poached Salmon Steamed Rice Spinach Orange and Cake Whole Grain Bread (cal) 794 (Na) 630	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread (cal)920 (Na) 1002
30	31			
Chicken Cacciatore Egg Noodles Dinner Roll Cookie (cal) 739 (Na) 556	Meatball Stroganoff Mashed Potato Steamed Carrots Apple Dinner Roll (cal) 753 (Na) 750		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	Menu Subject to change.