

February 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to change.				
Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303				
3	4	5	6	7
Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Fruit Cup Dinner Roll (cal) 636 (Na) 353	Baked Cod Rice Pilaf Peppers And Onions Whole Grain Bread Cake (cal) 746 (Na) 1180	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Dinner Roll (cal) 826 (Na) 1074	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
10	11	12	13	14
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) 520	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
17	18	19	20	21
Presidents' Day Holiday- No Meals	Meatball Stroganoff Mashed Potato Steamed Carrots Peaches Whole Grain Bread (cal) 744 (Na) 825	Chicken Cacciatore Egg Noodles Dinner Roll Cake (cal) 788 (Na) 561	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 701 (Na) 842	Beef Brisket Mashed Potato Carrots Apple Sauce Challah Bread (cal) 703 (Na) 441
24	25	26	27	28
Vegetable Quiche Potato Vegetable Medley Fruit Cup Dinner Roll (cal) 710 (Na) 712	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp (cal) 890 (Na) 932	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake (cal) 895 (Na) 753	Dill Poached Salmon Steamed Rice Broccoli Cookie Whole Grain Bread (cal) 681 (Na) 427	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread (cal)920 (Na) 1002