

# February 2025

# Mystic Valley Elder Services

# Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Subject to change. All Meals totals include Milk.</b></p>				
	<p><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></p>			
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p>Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll</p> <p><b>(cal) 736 (Na) 1053</b></p>	<p>Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake/Fruit Cup</p> <p><b>(cal) 892 (Na) 1353</b></p>	<p>Cheese Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Dinner Roll</p> <p><b>(cal) 929 (Na) 1182</b></p>	<p>Pasta Primavera with veggie crumble Cookie Whole Grain Bread</p> <p><b>(cal) 919 (Na) 915</b></p>	<p>Chicken Pot Pie Steamed Carrots Dinner Roll Peaches</p> <p><b>(Cal) 726 (Na) 705</b></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>Baked Macaroni and Cheese Roast Tomatoes Orange Dinner Roll</p> <p><b>(cal) 731 (Na) 917</b></p>	<p>Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread</p> <p><b>(cal) 930 (Na) 909</b></p>	<p>Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce</p> <p><b>(cal) 966 (Na) 632</b></p>	<p>Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread</p> <p><b>(cal) 1022 (Na) 977</b></p>	<p>Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello</p> <p><b>(cal) 826 (Na) 615</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Presidents' Day Holiday – No Meals</b></p>	<p>Meatball Stroganoff Mashed Potato Steamed Carrots Peaches Dinner Roll</p> <p><b>(cal) 726 (Na) 879</b></p>	<p>Chicken Cacciatore Egg Noodles Dinner Roll Cake</p> <p><b>(cal) 886 (Na) 797</b></p>	<p>Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread</p> <p><b>(cal) 774 (Na) 917</b></p>	<p>Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll</p> <p><b>(Cal) 773 (Na) 511</b></p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p>Vegetable Quiche Potato Vegetable Medley Fruit Cup Dinner Roll</p> <p><b>(cal) 755 (Na) 775</b></p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp</p> <p><b>(cal) 993 (Na) 1039</b></p>	<p>Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake</p> <p><b>(Cal) 818 (Na) 607</b></p>	<p>Dill Poached Salmon Steamed Rice Spinach Orange Whole Grain Bread</p> <p><b>(cal) 702 (Na) 519</b></p>	<p>Chicken Kiev Braised Cabbage Kasha Vanishka Pear Dinner Roll</p> <p><b>(cal) 990 (Na) 1072</b></p>