

March 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Creamy Chicken Vegetable Stew Over Egg Noodles Dinner Roll Mixed Fruit Calories 749 Sodium 876	Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce Calories 699 Sodium 1164	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Dinner Roll Calories 826 Sodium 1074	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Peaches Calories 766 Sodium 877
10	11	12	13	14
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 687 Sodium 590	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 922 Sodium 728	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 717 Sodium 747	Kotleti -Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 991 Sodium 884	Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 646 Sodium 356
17	18	19	20	21
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 733 Sodium 1052	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 883 Sodium 977	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 632 Sodium 951	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 750 Sodium 591	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 710 Sodium 533
24	25	26	27	28
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 712 Sodium 507	Kotleti- Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 991 Sodium 884	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Fruit Cup Dinner Roll Calories 700 Sodium 850	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pear Calories 766 Sodium 785	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Cookie Calories 721 Sodium 744
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Dill Poached Salmon Steamed Rice Spinach Cake Dinner Roll Calories 723 Sodium 630			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