

March 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Creamy Chicken Vegetable Stew Over Egg Noodles Dinner Roll Mixed Fruit Calories 852 Sodium 984	Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce Calories 802 Sodium 1271 <i>High Sodium Meal</i>	Cheese Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Dinner Roll Calories 929 Sodium 1128	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 813 Sodium 864	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Peaches Calories 720 Sodium 765
10	11	12	13	14
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 760 Sodium 665	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Pudding Calories 1024 Sodium 835	Cod Cakes Sweet Potato Steamed Asparagus Dinner Roll Cookies Calories 824 Sodium 743	Kotleti - Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1239 Sodium 1204 <i>High Sodium Meal</i>	Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 625 Sodium 414
17	18	19	20	21
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 717 Sodium 976	Creamy Mac and Cheese served with Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 815 Sodium 1146	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 690 Sodium 920	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 853 Sodium 698	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Dinner Roll Calories 780 Sodium 603
24	25	26	27	28
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 815 Sodium 614	Kotleti - Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Dinner Roll Calories 705 Sodium 939	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pudding Calories 951 Sodium 1030	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Cookie Calories 817 Sodium 903
31				
Dill Poached Salmon Steamed Rice Spinach Cake Dinner Roll Calories 826 Sodium 737			Menu Subject to change. All Meal totals include Milk.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303