


Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 536 Sodium 555	245 Chicken Tacos 22 Brown Rice 3 Black Beans, Corn & Peppers 0 Fruit 150 Wheat Tortilla Wrap (1) Calories 715 Sodium 577	243 Whole Grain Cheese Lasagna 3 w/ Florentine Sauce 61 Carrots 0 Fruit 135 Wheat Roll Calories 575 Sodium 770
6	7	8	9	10
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 447 Sodium 573	240 White Fish w/ Pineapple & Mango 15 Brown Rice & Beans 33 Carrots 0 Fruit 150 Wheat Roll Calories 662 Sodium 494	105 Lemon Ricotta Chicken 65 Baked Sweet Potato 39 Brussel Sprouts 0 Fruit 150 Wheat Roll Calories 648 Sodium 496	180 American Chop Suey (Turkey) 21 Whole Grain Pasta 10 Green Beans w/ Red Peppers 0 Fruit 150 Wheat Bread Calories 714 Sodium 431	225 Rosemary & Garlic Chicken 4 Mashed Potatoes 2 Broccoli 0 Fruit 65 Wheat Roll Calories 732 Sodium 675
13	14	15	16	17
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	155 Curried Chicken 3 Brown Rice 20 Carrots 0 Fruit 150 Wheat Roll Calories 612 Sodium 539	195 Pork w/ Cranberry Apple Chutney 3 Mashed Potatoes 56 Mixed Root Veg (squash,carrot,turnip) 0 Fruit 150 Wheat Roll Calories 681 Sodium 458	85 Stewed Tomato White Fish 23 Couscous 65 Brussel Sprouts 0 Fruit 150 Wheat Roll Calories 638 Sodium 565	264 White Bean & Chicken Chili 4 w/ Shredded Cheese 10 California Blend Vegetables 0 Fruit 150 Wheat Roll Calories 593 Sodium 657
20	21	22	23	24
Holiday No Meals	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 747 Sodium 573	205 Turkey Meatloaf w/ Gravy 50 Mashed Potatoes 33 Carrots 0 Fruit 150 Hawaiian Roll Calories 736 Sodium 582	305 Lentil Bolognese & Parmesan 22 Whole Grain Pasta 40 Broccoli 0 Fruit 80 Wheat Roll Calories 571 Sodium 541	232 Beef Stew 4 Roasted Potatoes 20 Vegetable Medley 0 Fruit 150 Wheat Roll Calories 670 Sodium 547
27	28	29	30	
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	121 Salmon w/ Lemon Wedge 3 Mashed Potatoes 17 Garlic Kale 0 Fruit 150 Wheat Roll Calories 652 Sodium 395	56 Pot Roast w/ Gravy 23 Roasted Sweet Potato 31 Green Beans 0 Fruit 150 Wheat Roll Calories 536 Sodium 555	245 Chicken Tacos 22 Brown Rice 3 Black Beans, Corn & Peppers 0 Fruit 150 Wheat Tortilla Wrap (1) Calories 715 Sodium 577	243 3 61 0 135 

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. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount listed.