


Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken a la King 319 Buttered noodles 35 Tuscany Blend 47 Wheat Bread 65 Fresh Fruit 1 Calories 847 Sodium 621
4	5	6	7	8
Turkey burger 360 Broccoli 12 Hamburger Bun 180 Applesauce 14 Corn 1 Ketchup 82 Calories 609 Sodium 804	Chicken & Rice Bake 369 Green Beans 3 Multigrain Bread 150 Apple cinn grahams 85 Calories 622 Sodium 763	Sloppy Joe 174 Sweet potato tots 120 Zucchini & red peppers 6 Hamburger Roll 212 Fresh Fruit 1 Calories 674 Sodium 667	Chicken Fajitas 281 Rice & Beans 69 Onion & peppers 108 Tortilla 170 Mandarin Oranges 7 Calories 872 Sodium 790	Mixed Bean & Veg Stew 592 Cauliflower 17 Wheat Bread 65 Oatmeal raisin cookie 75 Calories 621 Sodium 904
11	12	13	14	15
Honey Mustard Chicken 473 Whipped sweet potatoes 28 Jardiniere Style vegetables 32 Wheat Bread 65 Gelatin w/ topping 33 Calories 673 Sodium 785	Orzo w Chicken Gravy 86 Chicken Meatballs 210 Italian Green Beans 3 Garlic Knot 134 Peaches 8 Calories 901 Sodium 596	Beef Stroganoff 192 Egg Noodles 35 Fiesta Blend Veg 24 Wheat Bread 65 Brownie 132 Calories 796 Sodium 603	Turkey Pot Pie - crustless 366 Broccoli 12 Mandarin Oranges 7 Wheat dinner roll 65 Calories 516 Sodium 605	Pollock with scampi sauce 266 Cous cous 24 Riviera Blend 8 Rye Bread 150 Fresh Fruit 1 Calories 536 Sodium 604
18	19	20	21	22
Unstuffed Pepper Casserole 224 Peas & Pearl Onions 76 Wheat Bread 65 Fresh Fruit 1 Calories 792 Sodium 521	Lemon Chicken w/Peas 297 Quinoa pilaf 56 Spring Blend Vegetables 68 Wheat Bread 65 Mixed Fruit 3 Calories 741 Sodium 644	Lentil Stew 58 Shredded Mozzarella 160 Root Vegetables 34 Oat Bread 140 Gelatin w topping 33 Calories 709 Sodium 579	Stuffed Shells 228 Red Pepper Sauce 14 California Blend Vegetables 30 Wheat Dinner Roll 180 Applesauce 14 Calories 539 Sodium 620	Rosemary Balsamic Pork 446 Italian Roasted Red Bliss Potatoes 16 Ratatouille 116 Wheat Bread 65 Lorna Doone Cookies 60 Calories 825 Sodium 858
25	26	27	28	29
Holiday No Meals	Potato Pollock, lemon wedge 337 Roasted Sweet Potatoes 53 Broccoli & Cauliflower 14 Multigrain Bread 150 Oatmeal Raisin Cookie 75 Calories 751 Sodium 784	Chicken Meatballs 210 Tomato Basil Wine Sauce 87 Penne Pasta 4 Italian Vegetable Blend 19 Wheat Dinner Roll 180 Fresh Fruit 1 Calories 688 Sodium 656	Broccoli egg bake 340 Home Fries 30 Pepper, mushroom, onions 79 Wheat Bread 65 Applesauce 14 Calories 644 Sodium 683	Beef Pot Roast w/Gravy 131 Mashed Potatoes 68 Carrots 77 Wheat Dinner Roll 65 Gelatin w topping 33 Calories 751 Sodium 529

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.