


| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | | 1 |
|  | | | | Chicken a la King 319 Buttered noodles 35 Tuscany Blend Veg 47 Multigrain Bread 150 Fresh Fruit 1 Calories 787 Sodium 706 |
| | 4 | 5 | 6 | 7 Mother's Day Special |
| Macaroni & Cheese 514 Broccoli 12 Wheat Dinner Roll 180 Applesauce 14 Calories 822 Sodium 1056 | Cream of Tomato Soup 245 Chicken & Rice Bake 369 Green Beans 3 Multigrain Bread 150 Lemon Pudding w/Topping 180 Calories 762 Sodium 1102 | Beef Sloppy Joe 174 Sweet Potato Tots 120 Spinach 145 Hamburger Roll 212 Fresh Orange 0 Calories 705 Sodium 806 | Tuscan Turkey Orzo Casserole 680 Beets 185 Oat Bread 140 Chocolate pudding trifle 277 High Sodium Meal Calories 893 Sodium 1438 | Mixed Bean & Vegetable Stew 592 Cauliflower 17 Wheat Bread 65 Fig Bar 149 Calories 688 Sodium 978 |
| 11 | 12 | 13 | 14 | 15 |
| Honey Mustard Chicken 473 Whipped sweet potatoes 28 Jardiniere Style vegetables 32 Multigrain bread 150 Chocolate pudding w/ topping 190 Calories 741 Sodium 1027 | Lasagna w/ Tomato Sauce 557 Italian Green Beans 3 Garlic Knot Roll 134 Peaches 8 Calories 607 Sodium 857 | Beef Stroganoff 144 Buttered Noodles 35 Fiesta Blend Veg 24 Wheat bread 65 Brownie 279 Calories 871 Sodium 702 | Turkey Pot Pie - crustless 366 Mashed potatoes 121 Buttermilk Biscuit 280 Mandarin Oranges 7 Calories 585 Sodium 929 | Italian Garden Veg Soup 142 Pollock w/Scampi Sauce 266 Cous cous 24 Riviera Blend Veg 8 Rye Bread 150 Fresh Fruit 1 Calories 622 Sodium 747 |
| 18 | 19 | 20 | 21 | 22 |
| Unstuffed Pepper Casserole 224 Peas & Pearl Onions 76 Wheat Bread 65 Fresh Fruit 1 Calories 792 Sodium 521 | Cream of Broccoli Soup 109 Chicken breast w/ lemon peas sauce 297 Quinoa Pilaf 56 Spring/Summer Blend Vegetables 68 Wheat Dinner Roll 180 Tropical Fruit 3 Calories 813 Sodium 866 | Lentil Stew 58 Shredded Mozz Cheese 160 Root Vegetables 34 Oat Bread 140 Vanilla Pudding w/Topping 220 Calories 846 Sodium 767 | Stuffed Shells 632 California Blend Vegetables 30 Wheat Dinner Roll 180 Applesauce 14 Calories 550 Sodium 1010 | Pork w/ Rosemary Balsamic sauce 446 Italian Roasted Red Bliss Potatoes 16 Ratatouille 116 Multigrain Bread 150 Chocolate Chip Cookie 60 Calories 765 Sodium 943 |
| 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 Whole Wheat Dinner Roll 180 Fresh Orange 0 Calories 688 Sodium 656 | Orzo w/Chicken Soup 56 Broccoli Egg Bake 360 Home Fries 30 Stewed Tomatoes 251 Rye Bread 150 Applesauce 14 Calories 748 Sodium 1052 | Beef Pot Roast w/ Gravy 131 Mashed Potatoes 68 Carrots 77 Whole Wheat Dinner Roll 180 Chocolate Pudding w/Topping 190 Calories 838 Sodium 802 |

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.