


Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Ham & Swiss 545 Balsamic Vinaigrette Pasta Salad 14 Coleslaw 45 Wheat Bread (2) 130 Tropical Fruit 3 Mustard 55 <b>Calories 836 Sodium 915</b>
4	5	6	7	8
Tuna Salad 241 Quinoa Salad 140 Tomato Zucchini Salad 60 Wheat Bread (2) 130 Chocolate Pudding w/Top 190 <b>Calories 779 Sodium 886</b>	Roast Beef & Provolone 349 English Pea Salad 156 Beet Salad 143 Rye Bread (2) 300 Applesauce 14 Mayo 4 <b>Calories 717 Sodium 1091</b>	Hummus 202 Quinoa Tabbouleh Salad 25 Mediterranean Salad 173 Pita Bread 322 Mandarin Oranges 7 <b>Calories 721 Sodium 853</b>	Turkey & Swiss 470 Pasta Vegetable Salad 142 Squash, Zucchini, & Red Onion Salad 6 Wheat Bread (2) 130 Fresh Fruit 1 Mayo 4 <b>Calories 1007 Sodium 879</b>	Chicken Romaine Salad 446 Italian Dressing 142 Ziti Broccoli Salad 48 Wheat Dinner Roll 180 Fig Bar 149 <b>Calories 725 Sodium 977</b>
11	12	13	14	15
Egg Salad 130 Israeli Couscous salad 42 Root Veg salad 86 Multigrain Bread (2) 300 Oatmeal raisin cookie 75 <b>Calories 646 Sodium 758</b>	California Chicken Salad 115 Orzo Vegetable Salad 14 Root Vegetable Salad 86 Multigrain Bread (2) 300 Yogurt 80 <b>Calories 778 Sodium 720</b>	Roast Beef & Provolone 349 BBQ Corn & White Bean Onion 179 Summer Squash Salad 42 Wheat Bread (2) 130 Fresh Fruit 1 Mayo 4 <b>Calories 940 Sodium 829</b>	Tuna Salad 241 Pasta salad 312 Spinach w/ Mandarin Oranges 144 Wheat Bread (2) 130 Mixed Fruit 3 <b>Calories 741 Sodium 955</b>	Mediterranean Turkey Pasta Salad 518 Coleslaw 45 Snack n Loaf 120 Peaches 8 <b>Calories 757 Sodium 846</b>
18	19	20	21	22
Turkey Salad 123 German Potato Salad 17 Cucumber Feta & Onion Salad 80 Multigrain Bread (2) 300 Gingersnaps 105 <b>Calories 712 Sodium 750</b>	Middle Eastern Vegetable Pita Salad 287 Tri-Color Pasta Salad 59 Zucchini Salad 64 Snack n Loaf 120 Yogurt 80 <b>Calories 825 Sodium 765</b>	Chef Salad w/ Ham 570 Italian Dressing 60 Sweet Potato Salad 180 Wheat Dinner Roll 5 Pears 5 <b>Calories 677 Sodium 970</b>	Chicken Salad 121 Broccoli Feta Orzo 140 Tossed Garden Salad 107 Multigrain Bread (2) 300 Fresh Fruit 1 <b>Calories 640 Sodium 794</b>	Roast Beef & Provolone 349 Southwestern Black Bean Salad- 294 Tomato Red Pepper Salad 5 Wheat Bread (2) 130 Pineapple 9 Mayo 4 <b>Calories 884 Sodium 916</b>
25	26	27	28	29
Holiday No Meals	Chicken Salad 121 Carrot Raisin Salad 137 Orzo Vegetable Salad 14 Wheat Bread (2) 130 Mandarin Oranges 7 <b>Calories 896 Sodium 533</b>	Tuna Salad 241 Potato Salad 100 Spinach w/ Mandarin Oranges Salad 144 Wheat Bread (2) 130 Lorna Doones Cookies 100 <b>Calories 846 Sodium 841</b>	Roast Beef & Provolone 349 Macaroni Salad 138 Zucchini Salad 64 Wheat Bread (2) 130 Vanilla Pudding 170 Mayo 4 <b>Calories 1049 Sodium 980</b>	Turkey & Swiss 470 Italian Pasta Salad 138 Broccoli Slaw 146 Wheat Bread (2) 130 Fresh Fruit 1 Mayo 4 <b>Calories 979 Sodium 1014</b>

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.