


Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 447 Sodium 573	240 15 33 0 150	White Fish w/ Pineapple & Mango Brown Rice & Beans Carrots Fruit Wheat Roll Calories 662 Sodium 494	105 65 39 0 150	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 648 Sodium 496	180 21 10 0 150	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 714 Sodium 431	225 4 2 0 65	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 732 Sodium 675	347 23 20 0 150
8		9		10		11		12	
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	155 3 20 0 150	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 612 Sodium 539	195 3 56 0 150	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Veg (squash,carrot,turnip) Fruit Wheat Roll Calories 817 Sodium 458	85 23 65 0 150	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 565	264 4 10 0 150	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Wheat Roll Calories 593 Sodium 657	259 96 17 0 150
15		16		17		18		19	
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 776 Sodium 499	190 4 20 0 150	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 747 Sodium 573	205 50 33 0 150	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 736 Sodium 582	305 22 40 0 80	Lentil Bolognese & Parmesan Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 571 Sodium 541	232 4 20 0 150	Holiday No Meals	
22		23		24		25		26	
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	121 3 17 0 150	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 652 Sodium 395	56 23 31 0 150	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 536 Sodium 555	245 22 3 0 150	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 715 Sodium 577	243 3 61 0 135	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Wheat Roll Calories 575 Sodium 770	390 55 40 0 150
29		30							
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 447 Sodium 573	240 15 33 0 150	White Fish w/ Pineapple & Mango Brown Rice & Beans Carrots Fruit Wheat Roll Calories 662 Sodium 494	105 65 39 0 150						

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.