


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 580 Sodium 491 mg	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 608 Sodium 383 mg	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Calories 737 Sodium 349 mg	Lentil Unstuffed Pepper White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce Calories 577 Sodium 312 mg	Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear) Calories 815 Sodium 512 mg
8	9	10	11	12
Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Calories 697 Sodium 347 mg	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Calories 765 Sodium 488 mg	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fresh Apple Calories 700 Sodium 424 mg	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce Calories 578 Sodium 513 mg	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Calories 668 Sodium 315 mg
15	16	17	18	19
Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce Calories 750 Sodium 446 mg	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie (Oatmeal/Sugar only) Calories 701 Sodium 608 mg	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Calories 796 Sodium 516 mg	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 597 Sodium 466 mg	Holiday No Meals
22	23	24	25	26
Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Calories 612 Sodium 289 mg	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only) Calories 706 Sodium 614 mg	Pot Roast w/ Gravy Polenta Green Beans Wheat Bread Fresh Apple Calories 602 Sodium 410 mg	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap Applesauce Calories 712 Sodium 506 mg	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Calories 640 Sodium 278 mg
29	30			
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 580 Sodium 491 mg	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 608 Sodium 383 mg			

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 50 mg sodium for 4 oz whole milk and 30 mg sodium for Margarine.