


Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>					
Tofu & Artichoke Picatta Mashed Potatoes Vegetable Medley Whole Grain Cornbread Loaf Pear  <b>Calories 815 Sodium 647 mg</b>	Roast Tofu w/ Cranberry Apple Chutney Mashed Potatoes Carrots Wheat Bread Pear  <b>Calories 690 Sodium 306 mg</b>	Cheese Tortellini w/ Lentil Bolognese Brussel Sprouts Wheat Roll Shortbread Cookie  <b>Calories 739 Sodium 779 mg</b>	BBQ Chickpeas Roasted Potatoes Broccoli Whole Grain Cornbread Banana  <b>Calories 687 Sodium 906 mg</b>	Veggie Sausage w/ Vegetables Polenta Spinach w/ Peppers Dinner Roll Vanilla Pudding  <b>Calories 682 Sodium 912 mg</b>					
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>					
Veggie Fritters w/ Herb Aioli Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup  <b>Calories 736 Sodium 834 mg</b>	Unstuffed Pepper Bowl w/ Lentils & Rice Kale & Corn Wheat Bread Chocolate Pudding  <b>Calories 795 Sodium 568 mg</b>	Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange  <b>Calories 698 Sodium 965 mg</b>	Veggie Burger w/ Cheese Roasted Potatoes Green Beans & Red Peppers Wheat Hamburger Bun Apple Ketchup  <b>Calories 784 Sodium 897 mg</b>	Chik'n Anna Maria Mashed Potatoes Carrots Hawaiian Roll Fig Newton  <b>Calories 851 Sodium 1001 mg</b>					
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>					
Tofu w/ Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Pear  <b>Calories 705 Sodium 531 mg</b>	Vegetarian Meatloaf & Gravy Garlic Mashed Potatoes Carrots Whole Grain Cornbread Orange  <b>Calories 695 Sodium 887 mg</b>	White Beans w/ Dill Sauce White Rice Green Beans & Red Peppers Wheat Bread Vanilla Pudding  <b>Calories 852 Sodium 841 mg</b>	Chik'n Cutlet Black Eyed Peas Collards & Corn Cornbread Loaf Pound Cake w/ Berries  <b>Calories 949 Sodium 1096 mg</b>	Holiday No Meals					
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>					
Vegetarian Sausage Abruzzi Bowtie Pasta California Blend Vegetables Wheat Roll Cinnamon Apples  <b>Calories 692 Sodium 957 mg</b>	Tomato Bruschetta Chik'n Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Pear Fruit Cup  <b>Calories 793 Sodium 663 mg</b>	Lemon Ricotta White Beans Cheese Ravioli California Blend Vegetables Wheat Bread Blueberry Bread  <b>Calories 890 Sodium 855 mg</b>	Veggie Fritters Rice Pilaf Mixed Root Vegetables Wheat Roll Banana  <b>Calories 706 Sodium 731 mg</b>	Veggie Burger w/ Cheese Baked Beans Carrots Wheat Hamburger Bun Orange Ketchup  <b>Calories 840 Sodium 984 mg</b>					
<b>29</b>	<b>30</b>								
Creamy White Bean & Spinach Casserole w/ Orzo Broccoli Cornbread Loaf Vanilla Pudding  <b>Hig Sodium Meal</b> <b>Calories 880 Sodium 1282 mg</b>	Teriyaki Tofu Lo Mein Noodles Corn w/ Peppers Wheat Roll Lemon Square  <b>Calories 790 Sodium 958 mg</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.