


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Calories 587 Sodium 843	592 Chicken Scallopini 17 Buttered Noodles 65 Green Beans 14 Wheat Bread Fresh Fruit Calories 713 Sodium 548	289 Chicken Meatballs 35 Beef Gravy- with Ziti Pasta 3 Riveria Blend 65 Multi grain bread 0 Peaches Calories 648 Sodium 545	210 American Chop Suey 56 Broccoli 8 Oat Bread 150 Gelatin w/Topping 8 Calories 658 Sodium 472	157 Chicken & Rice Bake 12 Zucchini & Cauliflower 115 Garlic Knot Roll 33 Mandarin Oranges Calories 614 Sodium 671
8	9	10	11	12
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Calories 732 Sodium 727	273 Beef Chili 58 Brown Rice 6 Zucchini & Cauliflower 85 Wheat Dinner Roll 150 Pears Calories 623 Sodium 677	327 Chicken Diane 5 Seasoned orzo 6 California Blend 180 Oat Bread 5 Lorna doones Calories 760 Sodium 759	302 Roasted Turkey w/ Gravy 32 Mashed Potatoes 30 Root Vegetables 140 Wheat Bread 100 Fresh Fruit Calories 720 Sodium 939	616 Pollock "catch of the day" 68 Newburg Sauce 34 Herbed Brown Rice 65 Roman Blend 0 Wheat Bread Applesauce Calories 636 Sodium 757
15	16	17	18	19
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms & Onions Orange Wheat Bread Calories 636 Sodium 767	210 Lasagna w/ Cheese & Sauce 217 Tuscany Blend 39 Garlic Dinner Roll 79 Peaches 0 65 Calories 594 Sodium 900	557 Pork with Apples 47 Roasted Sweet Potatoes 134 Green Beans 8 Wheat Bread Gelatin w/topping Calories 665 Sodium 447	139 Chicken w/Saute Vegetables 53 Jasmine Coconut Rice 3 Multigrain Bread 65 Pineapple 33 Calories 660 Sodium 659	Holiday No Meals
22	23	24	25	26
Chicken cacciatore Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 608 Sodium 682	315 Potato Pollock w/lemon wedge 4 Whipped Sweet Potatoes 14 Peas & Mushrooms 150 Wheat Bread 14 Lorna Doones Calories 941 Sodium 851	337 Beef Burgundy 28 Garlic Mashed Potatoes 136 Root Vegetables 65 Multigrain Bread 100 Gelatin w/Topping Calories 568 Sodium 595	177 Swedish Chicken Meatballs 16 Egg Noodles 34 Brussels Sprouts 150 Wheat Bread 33 Mixed Fruit Calories 665 Sodium 449	269 Chicken Stew 35 Green Beans 17 Wheat Bread 65 Fresh Fruit 3 Calories 662 Sodium 616
29	30			
Dijon Pork Brown rice Root Vegetables Wheat Bread Peaches Calories 836 Sodium 612	298 Chicken Souvlaki 23 Seasoned Orzo 34 Spring summer blend 65 Wheat Bread 8 Applesauce Calories 841 Sodium 820	456 32 68 65 14		

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.