


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 644 Sodium 962	Italian Garden Veg Soup Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 799 Sodium 691	Macaroni & Cheese Riviera Blend Veg Multigrain Bread Peaches Calories 822 Sodium 1016	American Chop suey Broccoli Multigrain Bread Vanilla Pudding Calories 796 Sodium 660	Chicken & Rice Bake Spinach Garlic Knot Roll Mandarin Oranges Calories 634 Sodium 809
8	9	10	11	12
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Butterscotch Pudding Calories 861 Sodium 1038	Beef Chili Brown Rice Zucchini & Cauliflower Whole Wheat Dinner Roll Pears Calories 623 Sodium 677	Chicken Diane Seasoned orzo California Blend Vegetables Oat Bread Cupcake Calories 829 Sodium 829	Cr Butternut Sq Soup Roasted Turkey w/ Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Calories 754 Sodium 1151	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Vegetables Wheat Bread Applesauce Calories 636 Sodium 757
15	16	17	18 Holiday Meal - high sodium	19
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Stewed Tomatoes Wheat Bread Orange Calories 661 Sodium 937	Lentil Spinach Soup Lasagna Roll w/ Sauce Tuscany Blend Garlic Dinner Roll Peaches Calories 684 Sodium 1096	Pork w/ Apples Roasted sweet potatoes Green Beans Whole Wheat Roll Chocolate Pudding w/Topping Calories 752 Sodium 720	Sausage, pepper, onions Potato wedges Italian Blend vegetables Subroll Mustard Blueberry Parfait Calories 929 Sodium 1497	Holiday No Meals
22	23	24	25	26
Chicken Cacciatore Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 597 Sodium 981	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Fig Bar Calories 853 Sodium 954	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Vanilla Pudding w/Topping Calories 646 Sodium 679	Tuscan Soup Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 685 Sodium 513	White Bean and Spinach Stew Carrots Whole Wheat Dinner Roll Fresh Fruit Calories 553 Sodium 878
29 High Sodium Meal	30			
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches relish Calories 781 Sodium 1418	Cream of Mushroom Soup Chicken Souvlaki Seasoned Orzo Spring summer blend veg Wheat Bread Brownie Calories 931 Sodium 1105			

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.