


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 644 Sodium 962mg	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 713 Sodium 548mg	Chicken Meatballs Ziti w/ Beef Gravy Riviera Blend Multigrain Bread Peaches Calories 593 Sodium 606mg	American Chop Suey Broccoli Oat Bread Gelatin w/Topping Calories 658 Sodium 497mg	Chicken Stew Spinach Garlic Knot Roll Mandarin Oranges Calories 613 Sodium 907mg
8	9	10	11	12
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Apple Cinnamon Graham Cookies Calories 847 Sodium 853mg	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Calories 623 Sodium 677mg	Chicken Diane Seasoned orzo California Blend Oat Bread Cupcake Calories 772 Sodium 810mg	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Calories 720 Sodium 939mg	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Wheat Bread Applesauce Calories 636 Sodium 757mg
15	16	17	18	19
Turkey Burger O'Brien Potatoes Stewed Tomatoes Hamburger Bun Orange Calories 620 Sodium 1019mg	Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches Calories 688 Sodium 602mg	Pork with Apples Roasted Sweet Potatoes Green Beans Wheat Dinner Roll Gelatin w/Topping Calories 625 Sodium 562mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Calories 660 Sodium 659mg	Holiday No Meals
22	23	24	25	26
Chicken Cacciatore Ziti Broccoli/ cauliflower mix Multigrain Bread Applesauce Calories 597 Sodium 981mg	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Calories 851 Sodium 906mg	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 508 Sodium 492mg	Chicken Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 754 Sodium 528mg	White Bean and Spinach Stew Green Beans Wheat Dinner Roll Fresh Fruit Calories 557 Sodium 805mg
29 High Sodium Meal	30			
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches relish Calories 781 Sodium 1418mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Brownie Calories 869 Sodium 908mg			

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 Lactaid milk and 30 mg sodium for Margarine.