


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Cranberry Juice Calories 575 Sodium 751mg	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Apple Juice Calories 685 Sodium 458mg	Chicken Meatballs Beef Gravy w/ Ziti Pasta Riviera Blend Multigrain Bread Peaches Apple Juice Calories 622 Sodium 523mg	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 647 Sodium 405mg	Chicken & Rice Bake Zucchini & Cauliflower Garlic Knot Roll Mandarin Oranges Cranberry Juice Calories 602 Sodium 578mg
8	9	10	11	12
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Apple Juice Calories 765 Sodium 552mg	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Cranberry Juice Calories 612 Sodium 585mg	Chicken Diane Seasoned orzo California Blend Oat Bread Lorna Doones Apple Juice Calories 732 Sodium 669mg	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Cranberry Juice Calories 693 Sodium 849mg	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Wheat Bread Applesauce / Apple Juice Calories 609 Sodium 666mg
15	16	17	18	19
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms, & Onions Fresh Fruit Wheat Bread / Apple Juice Calories 625 Sodium 675mg	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 583 Sodium 808mg	Pork w/ Apples Whipped Sweet Potatoes Green Beans Wheat Bread Gelatin w/ Topping Cranberry Juice Calories 637 Sodium 330mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Apple Juice Calories 632 Sodium 569mg	Holiday No Meals
22	23	24	25	26
Chicken Cacciatore Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Apple Juice Calories 569 Sodium 891mg	Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Apple Juice Calories 823 Sodium 815mg	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Multigrain Bread Gelatin w/ Topping Cranberry Juice Calories 644 Sodium 416mg	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Mixed Fruit Cranberry Juice Calories 733 Sodium 451mg	Chicken Stew Green Beans Wheat Bread Fresh Fruit Cranberry Juice Calories 673 Sodium 898mg
29	30			
Dijon Pork Brown Rice Root Vegetables Wheat Bread Peaches Apple Juice Calories 738 Sodium 475mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Applesauce Apple Juice Calories 784 Sodium 700mg			

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.