

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Maple Glazed Pork	70	Stewed Tomato White Fish	264	White Bean & Chicken Chili	259
Quinoa	3	Brown Rice	3	Mashed Potatoes	23	Couscous	4	w/ Shredded Cheese	96
Green Peas	20	Carrots	56	Mixed Root Vegetables	65	Brussel Sprouts	10	California Blend Vegetables	17
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Roll	150
Calories 631 Sodium 463		Calories 612 Sodium 539		Calories 645 Sodium 443		Calories 638 Sodium 565		Calories 593 Sodium 657	
10		11		12		13		14	
Chicken Scampi	190	Tomato Bruschetta Chicken	93	Turkey Meatloaf w/ Gravy	305	Lentil Bolognese & Parmesan	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Whole Grain Pasta	4	Roasted Potatoes	85
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150
Calories 776 Sodium 499		Calories 737 Sodium 461		Calories 736 Sodium 582		Calories 571 Sodium 541		Calories 670 Sodium 547	
17		18		19		20		21	
Chicken with Cranberry Chutney	95	Salmon with Pineapple-Mango Salsa	60	Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3	Roasted Potatoes	85	Rice Pilaf	50	Quinoa	5	w/ Pesto Cream Sauce	170
California Blend Vegetables	17	Kale & Red Peppers	29	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Tortilla Wrap (1)	135	Wheat Roll	150
Calories 670 Sodium 400		Calories 666 Sodium 459		Calories 645 Sodium 583		Calories 713 Sodium 579		Calories 601 Sodium 885	
24		25		26		27		28	
Egg Omelet	240	Herb Crusted White Fish w/Lemon	345	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Polenta	15	Roasted Potatoes	85	Baked Sweet Potato	21	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	10	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Roll	150
Calories 565 Sodium 573		Calories 638 Sodium 754		Calories 648 Sodium 496		Calories 714 Sodium 431		Calories 732 Sodium 675	
31									
Braised Beef w/ Peppers & Onions	155								
Quinoa	3								
Green Peas	20								
Fruit	0								
Wheat Roll	150								
Calories 631 Sodium 463									



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.