

September 2026

Mystic Valley Aging Services

City Fresh Kosher

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit - Rye Bread	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dice Pear - Dinner Roll	Chicken Provencal Roasted Red Potatoes Haricot Verts Beans Seasonal Fruit - Rye Bread	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dice Peach - Dinner Roll
7	8	9	10	11
Holiday No Meals	Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit Rye Bread	Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce Dinner Roll	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit Rye Bread	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit Wheat Bread
14	15	16	17	18
Red Wine Braised Brisket Res Bliss Potatoes Honey Carrots Sliced Apple and Honey White Bread	Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Seasonal Fruit Rye Bread	Cheese Blintz Roasted Potatoes Bean Medley Peaches Dinner Roll	Chicken Stir Fry Basmati Rice Corn Seasonal Fruit White Bread	Spinach and Onion Mac N Cheese Cavatappi Pasta Mixed Vegetables Apple Sauce White Bread
21	22	23	24	25
Cod Bruchetta Lemon Rice Carrots Seasonal Fruit Rye Bread	Pomegranate Glazed Beef Roast Potato Kugel Green Peas Seasonal Fruit Rye Bread	Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Seasonal Fruit Dinner Roll	Beef Goulash Penne Marinara Bean Medley Seasonal Fruit Wheat Bread	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce Wheat Bread
28	29	30		
Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit Rye Bread	Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit Rye Bread	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dice Pear Dinner Roll		

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.