

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		BBQ Chik'n Roasted Sweet Potato California Blend Vegetables Dinner Roll Lemon White Chocolate Cookie Calories 780 Sodium 882 mg		Veggie Burger & Cheese Baked Pinto Beans Green Beans & Red Peppers Wheat Hamburger Bun Peach Ketchup Calories 833 Sodium 951 mg		Roast Tofu w/ Gravy Mashed Potatoes Broccoli Wheat Bread Vanilla Pudding Calories 687 Sodium 566 mg		Three Bean Chili w/ Shredded cheese Carrots Whole Grain Cornbread Bowl Fresh Orange Calories 711 Sodium 918 mg	
7		8		9		10		11	
Holiday No Meals		Chik'n with Peppers & Onions Mashed Potatoes Mixed Vegetables Wheat Roll Chocolate Pudding Calories 720 Sodium 902 mg		Vegetarian Torta di Polenta Polenta w/ Cheese Kale & Peppers Hawaiian Roll Applesauce Calories 703 Sodium 857 mg		Cheesy Rice & Vegetable Casserole Seasoned Rice Green Peas Whole Grain Cornbread Banana Calories 834 Sodium 816 mg		Cajun Beans Whole Grain Pasta Broccoli Wheat Bread Oatmeal Cookie Calories 705 Sodium 802 mg	
14		15		16		17		18	
Rosemary & Garlic White Beans Orzo Mixed Root Vegetables Dinner Roll Vanilla Pudding Calories 774 Sodium 970 mg		Whole Grain Cheese Lasagna w/ Lentil Bolognese & Parm Tuscan Blend Vegetables Texas Toast Garlic Bread Sponge Cake w/ Blueberries Calories 842 Sodium 1123 mg		Chik'n with Peach-Mango Salsa Roasted Sweet Potatoes California Blend Vegetables Cornbread Loaf Banana Calories 792 Sodium 735 mg		Vegetarian Shepherd's Pie Mashed Potatoes Carrots Wheat Roll Applesauce Calories 695 Sodium 863 mg		Tuscan Veggie Fritters Rice Pilaf Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 793 Sodium 886 mg	
21		22		23		24		25	
Lentil Stew w/ Whole Grain Buttermilk Biscuit Green Peas Chocolate Brownie Cookie Calories 1064 Sodium 783 mg		Caprese Sandwich w/ Tomato & Mozzarella on Whole Grain Croissant Sweet Potato Fries Broccoli Applesauce Calories 781 Sodium 923 mg		Chik'n Cacciatore Tortellini Vegetable Medley Wheat Roll Orange Calories 820 Sodium 970 mg		Stewed Beans Cheesy Grits Brussel Sprouts Whole Grain Cornbread Banana Calories 780 Sodium 771 mg		Vegetarian Chop Suey Whole Grain Pasta Mixed Vegetables Garlic Bread Chocolate Pudding Calories 705 Sodium 1084 mg	
28		29		30					
Caprese Chik'n Mashed Potatoes Green Beans & Red Peppers Wheat Bread Peach Fruit Cup Calories 823 Sodium 796 mg		Veggie Sausage w/ Gravy Roasted Sweet Potatoes Brussel Sprouts Cornbread Vanilla Pudding Calories 715 Sodium 1012 mg		Tofu & Artichoke Picatta Rice Pilaf Carrots Dinner Roll Orange Calories 774 Sodium 594 mg					

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.