

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
CITY FRESH FOODS			Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Cal:560 CHO:60g Na:356mg	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Cal:513 CHO:62g Na:487mg
5	6	7	8	9
Chicken Scampi Pasta Green Beans & Red Peppers Fruit Cal:590 CHO:64g Na:320mg	Tomato Bruschetta Chicken Orzo Mixed Vegetables Fruit Cal:545 CHO:65g Na:510mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Cal:635 CHO:57g Na:502mg	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Cal:452 CHO:74g Na:408mg	Beef Stew Roasted Potatoes Vegetable Medley Fruit Cal: 590 CHO:65g Na:408mg
12	13	14	15	16
Holiday No Meals	Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Cal:586 CHO:60g Na:312mg	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Cal:455 CHO:53g Na:275mg	Chicken Taco w/ Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Cal:570 CHO:62g Na:512mg	Whole Grain Stuffed Shells w/ Sage Cream Sauce Carrots Fruit Cal:501 CHO:64g Na:530mg
19	20	21	22	23
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Cal:485 CHO:53g Na:595mg	Herb Crusted White Fish w/ Lemon Mashed Potatoes Carrots Fruit Cal:550 CHO:69g Na:420mg	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Cal:521 CHO:51g Na:245mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Cal:585 CHO:60g Na:365mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Cal:445 CHO:64g Na:298mg
26	27	28	29	30
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Cal:686 CHO:63g Na:295mg	Curried Chicken Brown Rice Carrots Fruit Cal:586 CHO:65g Na:385mg	Maple Glazed Pork Roasted Potatoes Mixed Root Vegetables Fruit Cal:570 CHO:63g Na:360mg	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Cal:560 CHO:60g Na:356mg	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Cal:513 CHO:62g Na:487mg

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.