

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 565	264 4 10 0 150	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Dinner Roll Calories 515 Sodium 465	165 48 17 0 100
5		6		7		8		9	
Chicken Scampi Pasta Green Beans & Red Peppers Fruit Wheat Roll Calories 7670 Sodium 463	172 4 2 0 150	Tomato Bruschetta Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 676 Sodium 405	37 50 33 0 150	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Dinner Roll Calories 746 Sodium 502	205 23 39 0 100	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 543 Sodium 452	143 4 20 0 150	Beef Stew Roasted Potatoes Vegetable Medley Fruit Dinner Roll Calories 632 Sodium 468	111 85 37 0 100
12		13		14		15		16	
Holiday No Meals		Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Wheat Roll Calories 630 Sodium 441	60 85 11 0 150	Pot Roast w/ Gravy Rice Pilaf Green Beans Fruit Wheat Roll Calories 635 Sodium 453	115 50 3 0 150	Chicken Tacos Quinoa Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 7674 Sodium 510	176 3 61 0 135	Whole Grain Stuffed Shells w/ Sage Cream Sauce Carrots Fruit Dinner Roll Calories 558 Sodium 564	230 60 39 0 100
19		20		21		22		23	
Egg Omelet Polenta Mixed Vegetables Fruit Dinner Roll Calories 594 Sodium 523	240 15 33 0 100	Herb Crusted White Fish w/Lemon Brown Rice Carrots Fruit Wheat Roll Calories 654 Sodium 548	221 3 39 0 150	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 601 Sodium 396	80 21 10 0 150	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 678 Sodium 419	213 4 2 0 65	Rosemary & Garlic Chicken Roasted Potatoes Broccoli Fruit Wheat Roll Calories 505 Sodium 502	112 85 20 0 150
26		27		28		29		30	
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	155 3 20 0 150	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 650 Sodium 474	130 3 56 0 150	Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Fruit Wheat Roll Calories 645 Sodium 443	70 23 65 0 150	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 565	264 4 10 0 150	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Dinner Roll Calories 515 Sodium 465	165 48 17 0 100

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.