

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit Rye Bread	Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables 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
12	13	14	15	16
Holiday No Meals	Glazed Meatloaf Mashed Potatoes Green Beans Pears 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
19	20	21	22	23
Cod Bruchetta Lemon Rice Carrots Seasonal Fruit Rye Bread	Beef Kotleti Red Bliss Potatoes 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
26	27	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	Chicken Provencal Roasted Red Potatoes Haricot Verts Beans Seasonal Fruit White Bread	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dice Peach 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.