

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
CITY FRESH FOODS						Stewed Black Beans Rice Pilaf Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 715 Sodium 736 mg		Swedish Veggie Meatballs Roasted Potatoes Broccoli Whole Grain Cornbread Banana Calories 783 Sodium 915 mg	
5		6		7		8		9	
Vegetarian Pot Pie w/ Buttermilk Biscuit Green Beans & Peppers Applesauce Calories 765 Sodium 893 mg		Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 699 Sodium 964 mg		Roast Tofu & Gravy Mashed Potatoes Carrots Cornbread Loaf Shortbread Cookie Calories 759 Sodium 719 mg		White Beans & Sage Sauce Butternut Squash Ravioli Broccoli Wheat Roll Apple Crisp Calories 873 Sodium 1001 mg		Chik'n w/ Apple Cranberry Chutney Mashed Sweet Potatoes Vegetable Medley Wheat Roll Mandarin Fruit Cup Calories 763 Sodium 728 mg	
12		13		14		15		16	
Holiday No Meals		Tofu & Vegetable Stir Fry White Rice Stir Fry Vegetables Wheat Roll Chocolate Chip Cookie Calories 705 Sodium 668 mg		Vegetarian Meatloaf & Gravy Garlic Mashed Potatoes Kale & Peppers Wheat Bread Banana Calories 683 Sodium 746 mg		Veggie Fritters w/ Herb Aioli Roasted Potatoes Kale & Peppers Wheat Bread Mandarin Fruit Cup Calories 784 Sodium 843 mg		Vegetarian Stroganoff Egg Noodles Broccoli Whole Grain Cornbread Vanilla Pudding Calories 779 Sodium 1015 mg	
19		20		21		22		23	
French Onion Chik'n Mashed Potatoes California Blend Vegetables Dinner Roll Chocolate Pudding Calories 845 Sodium 1107 mg		Mac & Cheese Tortellini Green Peas Wheat Roll Orange Calories 1027 Sodium 1080 mg		Maple Glazed Chik'n Mashed Butternut Squash Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 812 Sodium 689 mg		Omelet w/ Cheddar Cheese Potatoes with Onions & Peppers Spinach Whole Grain Muffin Banana Ketchup Calories 769 Sodium 918 mg		White Bean Florentine Rice Pilaf Brussel Sprouts Wheat Bread Oatmeal Cookie Calories 743 Sodium 779 mg	
26		27		28		29		30	
Vegetarian Tofu Abruzzi Egg Noodles Tuscan Vegetable Blend Cornbread Loaf Peach Cup Calories 698 Sodium 620 mg		Herb Roasted Chik'n w/ Gravy Mashed Potatoes Carrots Wheat Roll Pumpkin Bread Calories 864 Sodium 1076 mg		White Bean Alfredo Whole Grain Pasta Broccoli Dinner Roll Pound Cake w/ Blueberries Calories 780 Sodium 1071 mg		Southwest Black Bean Chili w/ Shredded Cheese Green Peas Whole Grain Cornbread Bowl Pear Fruit Cup Calories 792 Sodium 909 mg		Vegetarian Carbonara Whole Grain Pasta California Blend Vegetables Dinner Roll Banana Calories 720 Sodium 736 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.