November 2026 Mystic Valley Aging Services Kosher

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit Rye Bread calories: 601 Na: 489 mg	Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Chocolate Pudding Rye Bread calories: 634 Na: 288 mg	Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce Dinner Roll calories:728 Na: 556 mg	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit Rye Bread calories: 649 Na: 597 mg	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit Wheat Bread calories: 559 Na: 613 mg
9	**10**	**11**	**12**	**13**
Glazed Meatloaf Mashed Potatoes Green Beans Cookies Rye Bread calories: 485 Na: 862 mg	Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Seasonal Fruit Rye Bread calories: 593 Na:401 mg	Holiday No Meals	Cheese Blintz Roasted Potatoes Bean Medley Peaches Dinner Roll calories: 591 Na:611 mg	Spinach and Onion Mac N Cheese Cavatappi Pasta Mixed Vegetables Apple Sauce Wheat Bread calories: 551 Na:584 mg
16	**17**	**18**	**19**	**20**
Cod Bruchetta Lemon Rice Carrots Seasonal Fruit Rye Bread calories: 630 Na: 616 mg	Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit Rye Bread calories: 803 Na: 632 mg	Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Cake Dinner Roll calories: 830 Na: 355 mg	Beef Goulash Penne Marinara Bean Medley Seasonal Fruit Wheat Bread calories: 614 Na:484 mg	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce White Bread calories: 573 Na:444 mg
23	**24**	**25**	**26**	**27**
Chicken Cacciatore Rice Pilaf Green Beans Cookies Rye Bread calories:653 Na:517 mg	Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit Rye Bread calories: 578 Na: 678 mg	Four Cheese Tortellini Primavera Mixed Vegetables Dice Pear Dinner Roll calories: 776 Na: 642 mg Additional frozen meal will be delivered to cover meal for Friday.	Holiday No Meals	Holiday No Meal Delivery
30				
Roast Turkey with Gravy Cranberry Sauce, Herb Stuffings Roasted Butternut Squash Seasonal Fruit White Bread calories: 568 Na:501 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.