November 2026 Mystic Valley Aging Services Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Scampi Pasta Green Beans & Red Peppers Fruit Wheat Roll Calories 715 Sodium 505 mg	**3** Tomato Bruschetta Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 746 Sodium 481 mg	**4** Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Dinner Roll Calories 745 Sodium 623 mg	**5** Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472 mg	**6** Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 mg
9 Chicken with Cranberry Chutney Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 625 Sodium 420 mg	**10** Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Wheat Roll Calories 675 Sodium 479 mg	**11** Holiday No Meals	**12** Chicken Tacos Quinoa Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 666 Sodium 503 mg	**13** Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread Calories 630 Sodium 477 mg
16 Scrambled Eggs Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693 mg	**17** Herb Crusted White Fish w/ Lemon Roasted Potatoes Carrots Fruit Wheat Roll Calories 648 Sodium 774 mg	**18** Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480 mg	**19** Roast Turkey w/ Gravy Mashed Potatoes Green Beans Sugar Cookie Wheat Bread Calories 720 Sodium 887 mg	**20** Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695 mg
23 Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483 mg	**24** Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559 mg	**25** Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Fruit Wheat Roll Calories 655 Sodium 463 mg	**26** Holiday No Meals	**27** White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 mg
30 Chicken Scampi Pasta Green Beans & Red Peppers Fruit Wheat Roll Calories 715 Sodium 505 mg				CITY FRESH FOODS

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 Lactaid milk and 30 mg sodium for Margarine.