November 2026 Mystic Valley Aging Services Renal

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Chicken Scampi Pasta Green Beans & Red Peppers Wheat Dinner Roll Applesauce Calories 625 Sodium 365 mg	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie (Oatmeal/Sugar only) Calories 670 Sodium 535 mg	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Pear Cup Calories 764 Sodium 369 mg	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 582 Sodium 221 mg	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Calories 675 Sodium 277 mg
9	**10**	**11**	**12**	**13**
Chicken with Cranberry Chutney Couscous California Blend Vegetables Wheat Bread Applesauce Calories 617 Sodium 218 mg	Salmon w/ Lemon Wedge Orzo California Blend Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Calories 530 Sodium 344 mg	Holiday No Meals	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce Calories 656 Sodium 394 mg	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Calories 576 Sodium 203 mg
16	**17**	**18**	**19**	**20**
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 565 Sodium 446 mg	Herb Crusted White Fish w/ Lemon Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 640 Sodium 454 mg	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Calories 665 Sodium 285 mg	Roast Turkey w/ Gravy White Rice Green Beans & Red Peppers Dinner Roll Sugar Cookie Calories 706 Sodium 804 mg	Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear) Calories 586 Sodium 241 mg
23	**24**	**25**	**26**	**27**
Braised Beef w/ Peppers & Onions White Rice Green Beans w/ Peppers Wheat Bread Applesauce Calories 734 Sodium 261 mg	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Calories 683 Sodium 378 mg	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Dinner Roll Applesauce Calories 575 Sodium 396 mg	Holiday No Meals	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Calories 552 Sodium 192 mg
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Chicken Scampi Pasta Green Beans & Red Peppers Wheat Dinner Roll Applesauce Calories 625 Sodium 365 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 5 mg sodium for 4 oz apple juice and 30 mg sodium for Margarine.