November 2026 Mystic Valley Aging Services Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Vegetarian Meatballs w/ Marinara & Parm Whole Grain Spaghetti Vegetable Medley Wheat Bread Orange Calories 724 Sodium 885 mg	Three Bean Chili w/ Shredded cheese Kale & Peppers Whole Grain Cornbread Bowl Vanilla Pudding Calories 747 Sodium 1020 mg	Tofu & Artichoke Picatta Rice Pilaf Mashed Butternut Squash Dinner Roll Mandarin Fruit Cup Calories 804 Sodium 554 mg	Veggie Sausage w/ Gravy Mashed Potatoes Broccoli Wheat Bread Lemon White Chocolate Cookie Calories 748 Sodium 882 mg	Vegetarian Noodle Casserole Egg Noodles Green Beans & Red Peppers Wheat Bread Applesauce Calories 768 Sodium 886 mg
9	**10**	**11**	**12**	**13**
Vegetarian Shepherd's Pie Mashed Potatoes Mixed Vegetables Whole Grain Biscuit Peach Fruit Cup Calories 785 Sodium 1093 mg	Chik'n Parmesan Roasted Potatoes Carrots Wheat Bread Orange Calories 725 Sodium 918 mg	Holiday No Meals	Tofu in Tomato Sauce w/ Capers Whole Grain Pasta Broccoli Dinner Roll Pumpkin Bread Calories 827 Sodium 829 mg	Veggie Sausage w/ Peppers & Onions White Rice Brussel Sprouts Wheat Roll Chocolate Pudding Calories 687 Sodium 938 mg
16	**17**	**18**	**19**	**20**
Maple Glazed Chik'n Buternut Squash & Craisin Couscous Kale & Peppers Wheat Bread Fig Newton Calories 907 Sodium 800 mg	Rosemary Garlic White Beans Orzo Mashed Butternut Squash Wheat Roll Mandarin Fruit Cup Calories 723 Sodium 842 mg	Lentil Stew w/ Buttermilk Biscuit Brussel Sprouts Banana Calories 751 Sodium 665 mg	Roast Tofu w/ Gravy Mashed Potatoes & Stuffing Green Beans Wheat roll Chocolate Brownie Cookie Calories 745 Sodium 863 mg	Veggie Fritters w/ Herb Aioli Roasted Sweet Potatoes California Blend Vegetables Cornbread Loaf Tropical Fruit Cup Calories 867 Sodium 906 mg
23	**24**	**25**	**26**	**27**
Cheesy Rice Casserole Seasoned Rice Green Peas & Red Peppers Wheat Roll Oatmeal Cookie Calories 685 Sodium 927 mg	Caprese Tomato Sandwich on Whole Grain Croissant Sweet Potato Tots California Blend Vegetables Orange Calories 794 Sodium 968 mg	Creamy Garlic White Beans Rice Pilaf Mixed Root Vegetables Hawaiian Roll Pears Calories 893 Sodium 895 mg	Holiday No Meals	Whole Grain Cheese Lasagna w/ Marinara & Parmesan Broccoli Wheat Roll Vanilla Pudding Calories 680 Sodium 1163 mg
30				
Chik'n Cacciatore Cheese Tortellini Green Beans & Red Peppers Wheat Roll Pound Cake w/ Berries Calories 902 Sodium 1176 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 milk and 30 mg sodium for Margarine.