

Mystic Valley Elder Services ... Cold Lunch Menu ... February 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Roast Beef/Cheese On lettuce leaf Lite Mayo/Cole Slaw Three Bean Salad/Bread Angel Food Cake	2	Egg Salad/Lettuce Leaf Spinach Mandarin Orange Salad Lite Ital Dsg/Bread Balsamic Vinaigrette Pasta Pears	3	Seafood Salad*** lettuce leaf Tossed Salad/Lite Dressing Macaroni Salad/Bread Diet Tapioca Pudding	4	Tuna Salad Lettuce Leaf Potato Salad Rivera Salad/Bread Mandarin Oranges	5	Sliced Turkey American Cheese Lite Mayo/Lettuce Leaf Broccoli Tomato Salad German Potato Salad Bread Fresh Fruit
8	Egg Salad on a lettuce leaf Beet Salad Cole Slaw/Bread Diet Pistachio Pudding	9	Chicken Salad On a Lettuce Leaf Tomato Cucumber Salad Greek Pasta Salad/Bread Fig Bars	10	Seafood Salad*** Lettuce Leaf Pasta Salad w/ cheese Carrot Raisin Salad Hamburger Roll Pineapples	11	Chef Salad Lite Italian Dressing Macaroni Salad Wheat Roll Fresh Fruit	12	Roast Beef American Cheese Lettuce Leaf/Lite Mayo Corn Salad Spinach Mandarin Salad Bread Pears
15	WASHINGTON'S BIRTHDAY	16	Chicken Patty Lite Mayo/Lettuce Leaf Potato Salad Roman Blend Salad Hamburger Roll Fresh Fruit	17	Egg Salad/Lettuce Leaf Lo Mein Pasta Salad Cucumber Creamy Dill Salad Bread Blueberry Waffle Cookie	18	Turkey Salad on a lettuce leaf German Potato Salad Cauliflower Carrot Salad Bread Diet Butterscotch Pudding	19	Tuna Salad/Lettuce Leaf Greek Pasta Salad Tossed Garden Salad Lite French Dressing Bread Peaches
22	Turkey Mozzarella Cheese Lite Mayo/Corn Salad Cole Slaw/Bread Lorna Doones	23	Chicken Salad Lettuce Leaf English Pea salad Riviera Blend Salad Hamburger Roll Peaches	24	Roast Beef American Cheese Lite mayo/Lettuce & Tomato Beet Salad German Potato Salad/Bread Diet Chocolate Pudding	25	Tuna Salad Spinach Mandarin Orange Salad w/ lite dressing Pasta Salad w/ cheese Bread Fresh Fruit	26	Egg Salad Mixed Vegetable Salad Potato Salad Bread Mandarin Oranges

*Please help us
cover costs.
A donation of
\$1.50 is suggested.*

To cancel a meal please
call (781) 324-7705 x 300.
before 11:30 a.m.
on the previous day.

- Each meal provides 700-800 calories and 1/3 of the RDA.
- Our meals have no salt added and no more than 1200 mg of sodium.
- All meals include 8 oz. of 1% milk and margarine.
- Menus are subject to change without notice.

**** High Sodium Meal ****