


# OCTOBER 2024



# Stockpot - Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken pot pie Whole Wheat Pasta Cauliflower Applesauce 2% Milk	<b>2</b> Chicken Florentina Mashed potato Green Beans Peach Cup 2%Milk,	<b>3</b> Turkey Bolognese Cheese ravioli Broccoli Gelatin 2% Milk,	<b>4</b> Mac & Cheese Zucchini Mandarin cup Milk
<b>7</b> Honey Mustard Chicken rosemary brown rice Vegetable Medley Peach 2% Milk	<b>8</b> Stuffed Spinach Ricotta Shells, marinara sauce, garlic Green beans Gelatin, 2% Milk	<b>9</b> Bread Haddock Mashed Potato Peas Tropical fruit 2% Milk	<b>10</b> Dill Crusted Chicken Cheddar Spinach Grits Broccoli Applesauce 2% Milk	<b>11</b> Hearty Beef Chili Brown Rice Cauliflower Peach 2% Milk
<b>14</b> Holiday! No meals delivered.	<b>15</b> Chimichurri Chicken Breast Jack brown rice, Mix veggie, Tropical fruit, 2% Milk	<b>16</b> Black pepper & Sage Turkey Big Meat Ball w/ Cranberry sauce Mashed potato, Brussels Sprouts & Corn, Mandarin 2% Milk	<b>17</b> Lentil Soup Brown rice Pear 2% Milk	<b>18</b> Garlic Herb Roasted Cod Fish & Beurre Blanc Sauce, Parsley Potatoes Zucchini Applesauce 2% Milk
<b>21</b> Turkey meatball w/ gravy, Potato Leeks Mash Corn and red peppers, Applesauce 2% Milk	<b>22</b> Braised Beef w/ vegetables Mashed sweet potato Tropical Fruit 2% Milk	<b>23</b> Mediterranean Cod baked potato Pea Pear 2% Milk	<b>24</b> Chicken Scampi Cavatappi pasta steamed Broccoli Mandarin 2% Milk	<b>25</b> Mushroom Chicken, Wild Rice, Garlic Roasted green beans Gelatin 2% Milk
<b>28</b> American Chop Suey, Whole wheat pasta Green Beans, Applesauce 2% Milk	<b>29</b> Fish Cake w/ Tartare Israeli couscous Fava bean and Corn Pea Pudding 2% Milk	<b>30</b> Tortellini Fall Soup Broccoli Peach 2% Milk	<b>31</b> Grilled Chicken Butternut Squash risotto Spinach Gelatin 2% Milk	

Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM at **781-388-2303**.

\*Menu subject to change without notice.