


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