


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

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.