

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303	Chicken Stew, White Rice, Brussels Sprouts, Wheat bread, Lorna Doones, Cranberry Juice, Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain Bread, Apple Juice, Margarine Pats	Quinoa White Bean Casserole, Carrots, Wheat bread, Peaches, Apple Juice, Margarines	Pot Roast Burgund, White Rice, Spinach, Wheat Dinner roll, Tropical Fruit, Apple Juice, Margarine
7	8	9	10	11
Vegetarian Lentil Stew, White Rice, Zucchini, White Bread, Mixed Fruit, Cranberry Juice, Margarine	Chicken Meatballs with Brown Gravy, Margarine Ziti, Green beans, Wheat Bread, Diet Gelatin/Topping, Apple Juice, Margarine	Beef Pot Roast w/ Gravy, Buttered Noodles, Carrots, Tropical fruit, Wheat Bread, Apple Juice, Margarine	Pollock with Mediterranean sauce, Quinoa pilaf, Roman Blend Veggies, Multigrain Bread, Apple sauce, Apple Juice, Margarine	Chicken Souvlaki- over Orzo, Buttered seasoned Scandinavian Blend Veg, Wheat Bread, Pears, Apple Juice, Margarine
14	15	16	17	18
Closed Holiday	Chicken Fajitas, White Rice, Fiesta Blend Veg, Wheat bread, Pears, Cranberry Juice, Margarine	Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Apple sauce, Apple Juice, Promise Margarine	Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetable, Peas, White Bread, Lorna Doone Cookies, Apple Juice, Promise Margarine	Mixed Bean & Vegetable Stew, Wheat Bread, Tropical Fruit, Apple Juice, Promise Margarine
21	22	23	24	25
Turkey w/ Gravy, Roasted Root Vegetable, Brown Rice, Wheat Bread, Mixed Fruit, Apple Juice, Margarine	Pot Roast Burgundy, Buttered Noodles, Green Beans, Wheat Bread, Mandarin Oranges, Apple Juice, Margarine	Greek Chicken- (low lactose), Seasoned Orzo, Italian Blend Veg, Diet Gelatin w/Topping, Wheat Bread, Apple Juice, Margarine	Chicken Meatballs, Bruschetta Sauce over Ziti, Fall/Winter Blend Vegetables, Wheat Bread, Fresh Fruit, Cranberry Juice, Margarine	Cod w/ Lemon Dill Sauce, Chuckwagon Corn, Tuscany Blend, White Bread, Peaches, Cranberry Juice, Margarine
28	29	30	31	
Tuna Noodle Casserole, Zucchini & Cauliflower, Wheat Bread, Diet Vanilla Pudding/topping, Apple Juice, Promise Margarine	Chicken Stew, White Rice, Brussels Sprouts, Wheat bread, Lorna Doones, Cranberry Juice, Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain Bread, Apple Juice, Margarine Pats	Quinoa White Bean Casserole, Carrots, Wheat bread, Peaches, Apple Juice, Margarines	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org</p> <p>Each meal contains milk. Sodium and calories already included in daily totals</p> 