


Monday	Tuesday	Wednesday	Thursday	Friday
				Local Ingredients 1 Mac & Cheese Carrots & Zucchini Mandarin cup 2% Milk,
4 Honey Mustard Chicken rosemary Butter Ric,e Vegetable Medley, Peaches, 2% Milk	5 Stuffed Spinach Ricotta Shells, marinara sauce, garlic, Green beans, gelatin, 2% Milk	6 Breaded Haddock Mashed Potato, Peas & Carrots, Tropical fruit, 2% Milk	Gourmet Plus 7 Dill Crusted Chicken Cheddar Spinach Grits, Broccoli, Applesauce 2% Milk	8 Hearty Beef Chili , white Rice, cauliflower Peaches 2% Milk
11 Holiday - No Meals	Global Favor 12 Chimichurri Chicken Breast, white rice, mix veggie, Tropical fruit, 2% Milk	Fall Special 13 Black pepper & Sage Turkey Meat Ball w/ Cranberry sauce, Mashed potato, Brussels Sprouts & Corn, Mandarin oranges 2% Milk	14 Lentil Soup White rice, pear 2% Milk	Gourmet Plus 15 Garlic Herb Roasted Cod Fish & Beurre Blanc Sauce, Parsley Potatoes zucchini Applesauce 2% Milk
Local Ingredients 18 Turkey meatball w/ gravy, Potato Leeks Mash Corn and red peppers, Applesauce 2% Milk	19 Braised Beef w/ vegetables. Mashed sweet potato Tropical Fruit 2% Milk	20 Mediterranean Cod, baked potato Carrots Pear , 2% Milk	21 Chicken Scampi, Cavatappi pasta, steamed Broccoli, Mandarin oranges 2% Milk	22 Mushroom Chicken, Wild Rice, garlic Roasted green beans Gelatin, 2% Milk
25 American Chop Suey, Green Beans, Applesauce 2% Milk	26 Fish Cake w/ Tartar Israeli couscous , Fava bean and Corn, peas pudding, 2% Milk	Seasonal Top Rated 27 Tortellini Fall Soup Broccoli, peaches 2% Milk	28 Holiday - No Meals	29 Chicken Florentine Mashed potato , Green Beans Peach Cup 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.