

January 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. All Meals totals include Milk.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	New Year's Day	Pasta Primavera with veggie crumble Cookie Whole Grain Bread (cal) 961 (Na) 945	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches (cal) 726 (Na) 705
6	7	8	9	10
Baked Macaroni and Cheese Roast Tomatoes Orange Dinner Roll (cal) 731 (Na) 917	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread (cal) 930 (Na) 909	Beef Knish Steamed Rice Roast Beets Dinner Roll Apple Sauce (cal) 966 (Na) 632	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread (cal) 1022 (Na) 977	Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello (cal) 826 (Na) 615
13	14	15	16	17
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll (cal) 736 (Na) 1053	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake and Fruit Cup (cal) 892 (Na) 1353	Cheese Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll (cal) 887 (Na) 945	Herb Roast Chicken Corn Roast Sweet Potato Fruit Cup Whole Grain Bread (cal) 774 (Na) 917	Beef Brisket Mashed Potato Carrots Dinner Roll Apple Sauce (cal) 773 (Na) 511
20	21	22	23	24
Martin Luther King Jr. Day	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp (cal) 993 (Na) 1039	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake (cal) 966 (Na) 823	Dill Poached Salmon Steamed Rice Spinach Orange Whole Grain Bread (cal) 702 (Na) 519	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Dinner Roll (cal)990 (Na) 1072
27	28	29	30	31
Chicken Cacciatore Egg Noodles Dinner Roll Peaches (cal) 799 (Na) 648	Meatball Stroganoff Mashed Potato Steamed Carrots Apple Dinner Roll (cal) 726 (Na) 879	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll (cal) 882 (Na) 872	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Whole Grain Bread (cal) 730 (Na) 1029	Stuffed Cabbage Rice Pilaf Roast Beets Fruit cup Dinner Roll (cal) 745 (Na) 1024