

April 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread Calories 919 Sodium 870	Beef Knish Steamed Rice Peas and Onions Dinner Roll Jello Calories 883 Sodium 599	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp Calories 1051 Sodium 1093	Braised Chicken Vegetable Potato Medley Challah Bread Cookie Calories 725 Sodium 616
7	8	9	10	11
Meatball Stroganoff Mashed Potato Steamed Carrots Apple Dinner Roll Calories 719 Sodium 866	Baked Salmon Rice Pilaf Spinach Orange Whole Grain Bread Calories 646 Sodium 499	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll Calories 717 Sodium 668	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Cake Calories 888 Sodium 805	Chicken Pot Pie Steamed Carrots Challah Bread Peaches Calories 685 Sodium 667
14	15	16	17	18
Apple Stuffed Chicken Gravy, Roasted Potatoes, and Baby Carrots Matzo Fruit Cup Calories 703 Sodium 636	Stuffed Cabbage Roasted Beets, and Mashed Potatoes Matzo Maccaroon Calories 714 Sodium 845	Beef Stew Steamed Green Beans Orange Matzo Calories 709 Sodium 566	Sweet and Sour Meatballs Sauteed Spinach Roasted Potatoes Apple Matzo Calories 701 Sodium 842	Chicken Marsala Mashed Potatoes Mixed vegetables Matzo Cake Calories 662 Sodium 853
21	22	23	24	25
Holiday No Meals	Kotleti- Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 989 Sodium 881	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Dinner Roll Calories 632 Sodium 864	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Jello Calories 848 Sodium 923	High sodium meal Calories 1058 Sodium 1216
28	29	30		
Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 693 Sodium 597	Meatball Stroganoff Mashed Potato Steamed Carrots Cookie Whole Grain Bread Calories 646 Sodium 687	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 800 Sodium 738	Menu Subject to change.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303