

April 2025

Mystic Valley Elder Services

Russian Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | 1 | 2 | 3 High sodium meal | 4 |
| | Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread Calories 1022 Sodium 977 | Beef Knish Steamed Rice Peas and Onions Dinner Roll Jello Calories 986 Sodium 707 | Turkey Dinner w/ Gravy Mashed Potato & Stuffing Green Beans Multigrain Bread Apple Crisp Calories 1154 Sodium 1200 | Braised Chicken Vegetable Potato Medley Dinner Roll Cookie Calories 796 Sodium 686 |
| 7 | 8 | 9 | 10 | 11 |
| Meatball Stroganoff Mashed Potato Steamed Carrots Apple Dinner Roll Calories 671 Sodium 758 | Baked Salmon Rice Pilaf Spinach Pudding Whole Grain Bread Calories 743 Sodium 574 | Pasta Primavera with veggie crumble Apple Sauce Dinner Roll Calories 791 Sodium 743 | Meatloaf w/Gravy Mashed Potato Peas and Onions Multigrain Bread Cake Calories 991 Sodium 912 | Chicken Pot Pie Steamed Carrots Dinner Roll Peaches Calories 726 Sodium 705 |
| 14 | 15 | 16 | 17 | 18 |
| Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange Calories 786 Sodium 707 | Chicken Cacciatore Egg Noodles Whole Grain Bread Peaches Calories 766 Sodium 673 | Stuffed Cabbage Rice Pilaf Roast Beets Mixed Fruit Dinner Roll Calories 745 Sodium 1024 | Herb Roast Chicken Corn Roast Sweet Potato Cookie Whole Grain Bread Calories 844 Sodium 992 | Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll Calories 773 Sodium 511 |
| 21 | 22 | 23 | 24 | 25 High Sodium meal |
| Holiday No Meals | Kotleti - Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989 | Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pears Dinner Roll Calories 705 Sodium 939 | Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pudding Calories 951 Sodium 1030 | Chicken Kiev Braised Cabbage Kasha Vanishka Cake Roll Calories 1128 Sodium 1285 |
| 28 | 29 | 30 | | |
| Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 766 Sodium 673 | Meatball Stroganoff Mashed Potato Steamed Carrots Cookie Whole Grain Bread Calories 734 Sodium 841 | Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 903 Sodium 846 | Menu Subject to change. All Meal 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 |