

*May 2025*

*Mystic Valley Elder Services*

*Russian Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu Subject to change. All Meal totals include Milk.	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>		Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread <b>Calories 813 Sodium 864</b>	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Peaches <b>Calories 723 Sodium 771</b>
5	6	7	8 <b>High Sodium Meal</b>	9
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple  <b>Calories 760 Sodium 665</b>	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello  <b>Calories 986 Sodium 707</b>	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie  <b>Calories 790 Sodium 822</b>	Kotleti -Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Roll Cake  <b>Calories 1239 Sodium 1204</b>	Maple Salmon Steamed Rice Spinach Orange Challah Bread  <b>Calories 654 Sodium 446</b>
12	13	14	15	16
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce  <b>Calories 627 Sodium 976</b>	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks  <b>Calories 873 Sodium 1112</b>	Stuffed Cabbage Egg Noodles Dinner Roll Orange  <b>Calories 704 Sodium 951</b>	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear  <b>Calories 853 Sodium 698</b>	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread  <b>Calories 860 Sodium 754</b>
19	20	21	22	23
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup  <b>Calories 735 Sodium 604</b>	Kotleti - Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce  <b>Calories 1091 Sodium 989</b>	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll  <b>Calories 778 Sodium 1075</b>	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pears  <b>Calories 877 Sodium 895</b>	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Cookie  <b>Calories 824 Sodium 851</b>
26	27	28	29	30
Holiday No Meals	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Whole Grain Bread Mixed Fruit  <b>Calories 749 Sodium 622</b>	Blueberry Blintz w/ Blueberry Sauce Home Fries Dinner Roll Veggie Sausage  <b>Calories 929 Sodium 1182</b>	Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce  <b>Calories 654 Sodium 1056</b>	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread  <b>Calories 813 Sodium 864</b>