

June 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Dinner Roll Mixed Fruit Calories 650 Sodium 457	Blueberry Blintz w/ Blueberry Sauce Home Fries Whole Grain Bread Veggie Sausage Apple Calories 847 Sodium 1154	Baked Cod Rice Pilaf Green Beans Dinner Roll Cake Calories 674 Sodium 1075	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Stuffed Cabbage Egg Noodles Challah Bread Orange Calories 634 Sodium 881
9	10	11	12	13
Salmon Cakes w/ Lemon Sauce Mashed Potato Roast Peppers Dinner Roll Cookie Calories 681 Sodium 474	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 989 Sodium 881	Beef Kabob Roast Vegetables Rice Pilaf Dinner roll Orange Calories 698 Sodium 470	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Roast Peppers Whole Grain Bread Cake Calories 788 Sodium 500	Rotisserie Chicken W/Gravy Roasted Cauliflower Sweet Potato Challah Bread Jell-o Calories 881 Sodium 677
16	17	18	19	20
Beef pelmeni with caramelized onions and butter sauce Mixed Vegetable Dinner Roll Oranges Calories 706 Sodium 516	Baked Haddock Steamed Rice Carrots Whole Grain Bread Cake Calories 620 Sodium 720	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Peaches Calories 589 Sodium 626	Holiday No Meals	Macaroni Po Flotski Beef and Onions with Gravy, Pasta and Braised Cabbage Challah Bread Cookie Calories 816 Sodium 693
23	24	25	26	27
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 712 Sodium 507	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Apple Calories 883 Sodium 599	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll Calories 705 Sodium 1000	Beef Brisket w Gravy Mashed Potato Asparagus Whole grain bread Fruit Cup Calories 762 Sodium 420	Penne and Meatballs Marinara Sauce Steamed Broccoli Challah Bread Cookie Calories 883 Sodium 905
30				
Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll Calories 710 Sodium 756			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