

June 2025

Mystic Valley Elder Services

Russian 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 724 Sodium 532	Blueberry Blintz w/ Blueberry Sauce Home Fries Whole Grain Bread Veggie Sausage Apple Calories 949 Sodium 1261	Baked Cod Rice Pilaf Green Beans Dinner Roll Apple Sauce Calories 629 Sodium 966	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 813 Sodium 864	Stuffed Cabbage Egg Noodles Challah Bread Orange Calories 736 Sodium 989
9	10	11	12	13
Salmon Cakes w/ Lemon Sauce Mashed Potato Roast Peppers Dinner Roll Peaches Calories 783 Sodium 582	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989	Beef Kabob Roast Vegetables Rice Pilaf Dinner roll Orange Calories 771 Sodium 545	Herb Salmon w/ Lemon Sauce Mashed Sweet Potato Roast Peppers Whole Grain Bread Peaches Calories 890 Sodium 607	Rotisserie Chicken W/Gravy Roasted Cauliflower Sweet Potato Challah Bread Cookie Calories 983 Sodium 785
16	17	18	19	20
Beef pelmeni with caramelized onions and butter sauce Mixed Vegetable Dinner Roll Banana Calories 808 Sodium 624	Baked Haddock Steamed Rice Carrots Whole Grain Bread Orange Calories 598 Sodium 610	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Peaches Calories 691 Sodium 733	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 815 Sodium 614	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 986 Sodium 707	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll Calories 778 Sodium 1075	Beef Brisket w Gravy Mashed Potato Asparagus Whole grain bread Fruit Cup Calories 864 Sodium 528	Penne and Meatballs Marinara Sauce Steamed Broccoli Challah Bread Cookie Calories 986 Sodium 1013
30				
Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll Calories 813 Sodium 864			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