

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Tuna Salad (241) Quinoa Salad (140) Tomato Zucchini Salad (60) Wheat Bread (180) Diet Chocolate Pudding w/Top (144) Calories 596 Sodium 890	Roast Beef & Provolone Cheese (349) English Pea Salad (156) Beet Salad (143) Rye Bread (300) Applesauce (14) Mayo (4) Calories 717 Sodium 1091	Hummus (202) Quinoa Tabbouleh Salad (25) Mediterranean Salad (173) Pita Bread (322) Mandarin Oranges (7) Calories 721 Sodium 853	Turkey & Swiss Cheese (470) Pasta Vegetable Salad (142) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 927 Sodium 929	Chicken Romaine Salad (446) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Fig Bar (149) Calories 725 Sodium 977
9	10	11	12	13
Egg Salad (130) Israeli Couscous Salad (42) Root Vegetable Salad (86) Multigrain Bread (300) Oatmeal Raisin Cookie (75) Calories 646 Sodium 758	California Chicken Salad (115) Orzo Vegetable Salad (14) Purple Cabbage Cole Slaw (55) Multigrain Bread (300) Yogurt (80) Calories 823 Sodium 689	Roast Beef & Provolone Cheese (349) BBQ Corn & White Bean Onion Salad (178) Summer Squash Salad (42) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 860 Sodium 879	Tuna Salad (241) Pasta Salad w/ Cheese (312) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Mixed Fruit (3) Calories 661 Sodium 1005	Mediterranean Turkey Pasta Salad (518) Coleslaw (45) Snack n Loaf (120) Peaches (8) Calories 757 Sodium 846
16	17	18	19	20
Turkey Salad (123) German Potato Salad (17) Cucumber Feta & Onion Salad (80) Multigrain Bread (300) Gingersnaps (105) Calories 712 Sodium 750	Middle Eastern Vegetable Pita Salad (287) Tri-Color Pasta Salad (59) Zucchini Salad (64) Snack n Loaf (120) Yogurt (80) Calories 825 Sodium 765	Chef Salad w/ Ham (570) Sweet Potato Salad (60) Wheat Dinner Roll (180) Pears (5) Calories 677 Sodium 970	Holiday No Meals	Roast Beef & Provolone Cheese (349) Southwestern Black Bean Salad (294) Tomato Red Pepper Salad (5) Wheat Bread (180) Pineapple (9) Mayo (4) Calories 804 Sodium 966
23	24	25	26	27
Ham & Swiss Cheese (545) Quinoa Tabbouleh Salad (103) Beet Salad (143) Wheat Bread (180) Applesauce (14) Mustard (55) Calories 614 Sodium 1087	Chicken Salad (121) Carrot Raisin Salad (137) Orzo Vegetable Salad (14) Wheat Bread (180) Mandarin Oranges (7) Calories 816 Sodium 583	Tuna Salad (241) Potato Salad (100) Spinach w/ Mandarin Oranges (37) Wheat Bread (180) Lorna Doones Cookies (100) Calories 766 Sodium 891	Roast Beef & Provolone Cheese (349) Macaroni Salad (138) Zucchini Salad (64) Wheat Bread (180) Diet Vanilla Pudding (144) Mayo (4) Calories 911 Sodium 1003	Turkey & Swiss Cheese (470) Italian Pasta Salad (138) Broccoli Slaw (145) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 899 Sodium 1064
30				
Chicken Curry Salad (118) Rice Vegetable Salad (74) Root Vegetable Salad (86) Wheat Bread (180) Diet Chocolate Pudding w/ Top (144) Calories 670 Sodium 727			Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in (_)	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303