

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots & Fruit Nutritional Shake Calories 740 Sodium 755	Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake Calories 793 Sodium 586	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 752 Sodium 531	Holiday No Meals
7	8	9	10	11
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Calories 747 Sodium 452	Curried Chicken Brown Rice Carrots Fruit Nutritional Shake Calories 795 Sodium 509	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 807 Sodium 427	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 719 Sodium 533	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 713 Sodium 689
14	15	16	17	18
Shrimp Scampi Pasta Green Peas Fruit Nutritional Shake Calories 765 Sodium 729	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 817 Sodium 543	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 782 Sodium 622	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Calories 655 Sodium 597	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 832 Sodium 644
21	22	23	24	25
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Calories 677 Sodium 396	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Calories 747 Sodium 364	Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Calories 681 Sodium 545	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 826 Sodium 584	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Calories 697 Sodium 740
28	29	30	31	
Egg Omelet w/ Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 667 Sodium 550	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots & Fruit Nutritional Shake Calories 740 Sodium 755	Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake Calories 793 Sodium 586	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 752 Sodium 531	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 CITY FRESH FOODS