

July 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change.	Beef Kabob Roast Vegetables Sweet Potato Whole Grain Bread Fruit Cup Calories 738 Sodium 596	Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 552 Sodium 339	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Holiday No Meals
7	8	9	10	11
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 741 Sodium 821	Blueberry Blintz w/ Blueberry Sauce Home Fries Whole Grain Bread Veggie Sausage Apple Calories 847 Sodium 1154	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 688 Sodium 715	Kotleti, Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1136 Sodium 1097	Dill Salmon Steamed Rice Spinach Orange Challah Bread Calories 552 Sodium 213
14	15	16	17	18
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 525 Sodium 869	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 795 Sodium 1094	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 602 Sodium 844	Herb Roast Chicken Steamed Carrots Baked Potato Dinner Roll Peaches Calories 618 Sodium 658	Meatloaf w/Gravy Mashed Potato Peas and Onions Challah Pear Calories 691 Sodium 416
21	22	23	24	25
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 712 Sodium 507	Kotleti, Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 989 Sodium 881	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Cookie Dinner Roll Calories 676 Sodium 967	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pear Calories 775 Sodium 787	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Challah Mixed Fruit Calories 750 Sodium 826
28	29	30	31	
Herb Roast Chicken Braised Cabbage Baked Potato Dinner Peaches Calories 618 Sodium 658	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 853 Sodium 599	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Cake Dinner Roll Calories 995 Sodium 1370	Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce Calories 579 Sodium 984	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303