

July 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. All Meal totals include Milk.	Beef Kabob Roast Vegetables Sweet Potato Whole Grain Bread Fruit Cup Calories 840 Sodium 703	Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 625 Sodium 414	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 813 Sodium 864	Holiday No Meals
7	8 High sodium meal	9	10	11
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 843 Sodium 628	Blueberry Blintz w/ Blueberry Sauce Home Fries Whole Grain Bread Veggie Sausage Apple Calories 949 Sodium 1261	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 790 Sodium 822	Kotleti Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1239 Sodium 1204	Dill Salmon Steamed Rice Spinach Orange Dinner Roll Calories 676 Sodium 430
14	15	16	17	18
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 627 Sodium 976	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 898 Sodium 1201	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 704 Sodium 951	Herb Roast Chicken Steamed Carrots Baked Potato Dinner Roll Peaches Calories 691 Sodium 733	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Pear Calories 827 Sodium 609
21	22	23	24	25
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 815 Sodium 614	Kotleti Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll Calories 778 Sodium 1075	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pear Calories 877 Sodium 895	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Dinner Roll Mixed Fruit Calories 940 Sodium 1065
28	29	30 High sodium meal	31	
Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Peaches Calories 691 Sodium 733	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 986 Sodium 707	Blueberry Blintz w/ Blueberry Sauce Home Fries Dinner Roll Veggie Sausage Calories 1057 Sodium 1477	Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce Calories 654 Sodium 1056	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303