

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)	Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 673 Sodium 573	Chicken Meatballs (210) Beef Gravy (52) Ziti Pasta (4) Riveria Blend (8) Multi grain bread (150) Peaches (8) Calories 643 Sodium 588	American Chop Suey (157) Broccoli (12) Wheat bread (90) Gelatin w/Topping (33) Calories 618 Sodium 447	Holiday No Meals
7	8	9	10	11
Chicken a l'orange (273) Lo mein noodles (58) Stir fry veggies (6) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 707 Sodium 717	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Lorna Doones (100) Calories 760 Sodium 734	Roasted Turkey w/Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat Bread (90) Fresh Fruit (1) Calories 680 Sodium 964	Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14) Calories 596 Sodium 782
14	15	16	17	18
Cheese Omelet (210) Sausage Patty (217) O'Brien Potatoes (39) Red Peppers, Mushrooms & Onions (79) Wheat Bread (90) Orange (1) Calories 596 Sodium 792	Lasagna w/ Cheese & Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 594 Sodium 900	Pork with Apples (128) Roasted Sweet Potatoes (53) Green Beans (3) Wheat Bread (90) Gelatin w/topping (33) Calories 806 Sodium 772	Chicken w/Sauté Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Pineapple (9) Calories 660 Sodium 659	Meatloaf w/gravy (168) Buttered Noodles (35) Peas & Carrots (82) Wheat Dinner Roll (180) Chocolate Chip Cookie (60) Calories 831 Sodium 679
21	22	23	24	25
Chicken w/ bruschetta sauce (315) Cavatappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) Calories 608 Sodium 682	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Wheat bread (90) Lorna Doones (100) Calories 901 Sodium 876	Beef Burgundy (177) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Gelatin w/Topping (33) Calories 749 Sodium 627	Swedish Chicken Meatballs (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Mixed Fruit (3) Calories 625 Sodium 474	Chicken Stew (361) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 622 Sodium 641
28	29	30	31	
Dijon Pork (298) Brown rice (23) Root Vegetables (34) Wheat Bread (90) Peaches (8) Calories 796 Sodium 637	Chicken Souvlaki (456) Seasoned Orzo (32) Spring summer blend (68) Wheat Bread (90) Applesauce (14) Calories 801 Sodium 845	Ziti with red pepper sauce (15) Chicken meatballs (210) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 759 Sodium 581	Shepherd's Pie (208) Jardiniere Vegetables (32) Wheat bread (90) Tropical Fruit (5) Calories 760 Sodium 604	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 