

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in (_)	Egg Salad (130) Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5) Calories 719 Sodium 779	Roast beef & Provolone Cheese (349) English Pea Salad (156) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 819 Sodium 822	Mediterranean Turkey Pasta Salad(518 Riviera Salad (92) Wheat Dinner Roll (180) Tropical Fruit (5) Calories 665 Sodium 944	Holiday No Meals
7	8	9	10	11
Egg Salad (130) Balsamic vinaigrette pasta salad (14) Riviera salad (92) Wheat Bread (180) Mixed Fruit (3) Calories 706 Sodium 544	Chef Salad w/Tuna with Italian Dressing (463) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Diet Tapioca Pudding w/ Top (144) Calories 695 Sodium 990	Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 884 Sodium 1081	California Chicken Salad (115) Potato Salad (100) Cucumber, Feta, and Onion Salad (80) Multigrain Bread (300) Lorna Doone Cookies (100) Calories 793 Sodium 821	Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Beet Salad (143) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 866 Sodium 931
14	15	16	17	18
Tuna Salad (241) Italian Pasta Salad (138) Cauliflower Carrot Salad (96) Wheat Bread (180) Diet Chocolate Pudding w/Top (144) Calories 783 Sodium 924	Roast Beef & Provolone Cheese (349) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (1) Mayo (4) Calories 816 Sodium 838	Chicken Romaine Salad w/ Italian Dressing (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (120) Pears (5) Calories 677 Sodium 865	Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Greek Salad (150) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 867 Sodium 1145	Egg Salad (130) Sweet Potato Salad (60) Tomato Red Pepper Salad (5) Multigrain Bread (300) Graham Crackers (85) Calories 721 Sodium 704
21	22	23	24	25
Turkey & Swiss Cheese (470) 3 Bean Salad (34) Zucchini Salad (64) Multigrain Bread (300) Chocolate Chip Cookie (60) Mayo (4) Calories 626 Sodium 1057	Southwest Chicken Salad (300) Summer Potato Salad (65) Broccoli Slaw (145) Wheat Bread (180) Diet Vanilla Pudding w/Topping (144) Calories 710 Sodium 959	Italian Tuna Salad (502) Quinoa Tabbouleh Salad (25) Squash Zucchini & Red Onion (6) Wheat Bread (180) Tropical Fruit (5) Calories 743 Sodium 839	Roast Beef & Provolone Cheese (349) Balsamic Vinaigrette Pasta Salad (14) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 816 Sodium 745	Vegetarian Chef Salad w/ Italian Dressing (493) Broccoli Feta Orzo Salad (140) Wheat Dinner Roll (180) Peaches (8) Calories 644 Sodium 976
28	29	30	31	
Mediterranean Tortellini Salad (556) Roman Blend Salad (90) Wheat Dinner Roll (180) Pineapple (9) Calories 650 Sodium 990	Tuna Salad (241) Tri-Color Pasta Salad (59) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Fruited Diet Gelatin (10) Calories 733 Sodium 759	Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Tomato Zucchini Salad (60) Multigrain Bread (300) Fresh fruit (1) Mayo (4) Calories 811 Sodium 968	Chicken Salad (121) Orzo Vegetable Salad (14) Broccoli Slaw (145) Multigrain Bread (300) Yogurt (80) Calories 764 Sodium 785	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 