

August 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303			Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Peaches Calories 650 Sodium 695
4	5	6	7	8
Baked Cod Rice Pilaf Green Beans Whole Grain Bread Apple Sauce Calories 554 Sodium 895	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Calories 688 Sodium 715	Creamy Chicken Vegetable Stew Over Egg Noodles Roasted Vegetables Dinner Roll Mixed Fruit Calories 805 Sodium 887	Maple Salmon Steamed Rice Spinach Orange Challah Bread Calories 555 Sodium 344
11	12	13	14	15
Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Jello Dinner Roll Calories 688 Sodium 322	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread Calories 913 Sodium 1054	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 602 Sodium 844	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 725 Sodium 502	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 710 Sodium 533
18	19	20	21	22
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	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches Calories 653 Sodium 630	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Whole Grain Bread Calories 822 Sodium 1067	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Cookie Calories 721 Sodium 744
25	26	27	28	29
Dill Poached Salmon Steamed Rice Spinach Cake Dinner Roll Calories 882 Sodium 867	Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 668 Sodium 508	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 828 Sodium 765	Pasta Primavera with veggie crumble Apple Sauce Whole Grain Bread Calories 756 Sodium 1095	Vegetable Quiche Potato Vegetable Medley Fruit Cup Challah Bread Calories 713 Sodium 718