

August 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. All Meal totals include Milk.	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 Dinner Roll Peaches Calories 813 Sodium 864
4	5	6	7	8
Baked Cod Rice Pilaf Green Beans Dinner Roll Apple Sauce Calories 843 Sodium 864	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 813 Sodium 864	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 790 Sodium 822	Creamy Chicken Vegetable Stew Over Egg Noodles Roasted Vegetables Dinner Roll Mixed Fruit Calories 908 Sodium 994	Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 625 Sodium 414
11	12	13	14	15
Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Jello Dinner Roll Calories 791 Sodium 430	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Bread Calories 1015 Sodium 1161	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 704 Sodium 951	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 827 Sodium 609	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Dinner Roll Calories 780 Sodium 603
18	19	20	21	22
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	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches Calories 726 Sodium 705	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll Calories 924 Sodium 1172	Herb Roast Chicken Braised Cabbage Baked Potato Dinner Roll Cookie Calories 791 Sodium 813
25	26	27	28	29
Dill Poached Salmon Steamed Rice Spinach Cake Dinner Roll Calories 985 Sodium 974	Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 741 Sodium 583	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 930 Sodium 872	Pasta Primavera with veggie crumble Apple Sauce Whole Grain Bread Calories 860 Sodium 1202	Vegetable Quiche Potato Vegetable Medley Fruit Cup Dinner Roll Calories 755 Sodium 1755