

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Beef Teriyaki (480) White Rice (25) Green Beans & Red Peppers (20) Hawaiian Roll (80) Pudding (130) Calories 786 Sodium 870	Chicken Alfredo (610) Whole Grain Pasta (4) Broccoli (38) Dinner Roll (100) Applesauce (2) Calories 712 Sodium 889	Salisbury Steak w/ Gravy (570) Mashed Potatoes (22) Carrots (56) Whole Grain Cornbread Loaf (180) Fruit (0) Calories 680 Sodium 963	Shrimp w/ Tomato Caper Sauce (515) White Rice (25) Corn & Peppers (20) Wheat Bread (65) Fruit (0) Calories 697 Sodium 760
8	9	10 Holiday Meal – High Sodium	11	12
Turkey & Garbanzo Bean Chili (338) w/ Shredded Cheese (96) Carrots (56) Whole Grain Buttermilk Biscuit (370) Peach Cup (5) Calories 780 Sodium 1000	Stuffed Shells (230) w/Marinara & Parmesan Cheese (310) California Blend Vegetables (34) Wheat Roll (150) Pudding (130) Calories 615 Sodium 989	Honey Mustard Chicken Cutlet (785) Roasted Potatoes (85) Green Peas (20) Wheat Roll (150) Sugar Cookie (135) Calories 863 Sodium 1310	Honey Garlic Salmon (155) Orzo (4) Green Beans (20) Wheat Bread (65) Orange (0) Calories 782 Sodium 379	Beef w/ Thai Curry Sauce (105) White Rice (25) Broccoli (38) Hawaiian Roll (80) Apple (0) Calories 720 Sodium 383
15	16	17	18	19
Chicken with Balsamic Tomatoes (thigh) (96) White Rice (25) Mixed Vegetables (50) Dinner Roll (100) Orange (0) Calories 795 Sodium 406	Pot Roast w/ Brown Gravy (587) Mashed Potatoes (22) Vegetable Medley (54) Wheat Roll (150) Pear (2) Calories 627 Sodium 950	BBQ Pulled Pork Sandwich (602) Roasted Potatoes (85) Carrots (56) Hawaiian Bun (120) Applesauce (2) Calories 666 Sodium 1000	Tuscan Chicken (780) Orzo (4) Broccoli (38) Wheat Bread (65) Lemon Square (90) Calories 907 Sodium 1112	Seafood Cajun Pasta (463) Whole Grain Pasta (4) Brussel Sprouts (26) Wheat Roll (150) Pudding (130) Calories 700 Sodium 908
22	23	24	25	26
Beef Stew (140) Whole Grain Buttermilk Biscuit (370) Green Beans & Peppers (20) Applesauce (2) Calories 710 Sodium 667	Rosemary & Garlic Chicken (474) Mashed Potatoes (22) Mixed Vegetables (51) Wheat Roll (150) Pudding (130) Calories 728 Sodium 962	Herb Crusted White Fish w/ Lemon Wedge (346) Rice Pilaf (50) Broccoli (38) Dinner Roll (100) Banana (1) Calories 816 Sodium 670	Roast Turkey w/ Gravy (400) Mashed Potatoes (22) Carrots (56) Wheat Bread (65) Chocolate Chip Cookie (80) Calories 686 Sodium 758	Italian Sausage w/ Peppers & Onions (Pork) (575) White Rice (25) Green Peas (20) Cornbread Loaf (180) Peach Cup (5) Calories 878 Sodium 940
29	30			
3 Cheese Mac & Cheese (575) California Blend Vegetables (34) Wheat Bread (65) Orange (0) Calories 839 Sodium 809	Potato Pollock (330) Vegetable Rice Pilaf (50) Kale & Peppers (29) Hawaiian Roll (80) Oatmeal Cookie (90) Tartar Sauce (110) Calories 761 Sodium 824	CITY FRESH FOODS	Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ()	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303