

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie Calories 765 Sodium 488	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fruit Calories 685 Sodium 413	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce Calories 608 Sodium 580	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Calories 668 Sodium 354
8	9	10	11	12
Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce Calories 630 Sodium 506	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie Calories 750 Sodium 623	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Calories 796 Sodium 516	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 597 Sodium 466	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Calories 780 Sodium 541
15	16	17	18	19
Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Calories 612 Sodium 289	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie Calories 703 Sodium 693	Pot Roast w/ Gravy Polenta Green Beans Wheat Bread Fresh Apple Calories 590 Sodium 399	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap Applesauce Calories 712 Sodium 506	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Calories 640 Sodium 278
22	23	24	25	26
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 580 Sodium 491	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 608 Sodium 383	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Calories 680 Sodium 631	Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce Calories 580 Sodium 229	Rosemary & Garlic Chicken Rice Pilaf Broccoli Wheat Bread Fruit Cup (Peach/Pear) Calories 869 Sodium 363
29	30			
Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Calories 697 Sodium 347	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie Calories 765 Sodium 488	CITY FRESH FOODS	Menu Subject to change. Totals Include for 4 oz Whole Milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303