

October 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
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	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll Calories 710 Sodium 756	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread Calories 710 Sodium 533	Chicken Pot Pie Steamed Carrots Challah Bread Peaches Calories 685 Sodium 667
6	7	8	9	10
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange Calories 713 Sodium 632	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Whole Grain Bread Calories 913 Sodium 1054	Salmon Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 801 Sodium 705	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp Calories 890 Sodium 932	Beef Brisket Mashed Potato Carrots Apple Sauce Challah Bread Calories 703 Sodium 441
13	14	15	16	17
Holiday No Meals	Baked Haddock Rice Pilaf Steamed Broccoli Whole Grain Bread Cake Calories 698 Sodium 1174	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 828 Sodium 765	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Whole Grain Bread Pear Calories 657 Sodium 953	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Challah Calories 919 Sodium 870
20	21	22	23	24
Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll Calories 785 Sodium 1067	Pasta Primavera with veggie crumble Apple Sauce Whole Grain Bread Calories 756 Sodium 755	Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Fruit Cup Dinner Roll Calories 636 Sodium 353	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Beef Kabob Roast Vegetables Sweet Potato Challah Fruit Cup Calories 745 Sodium 544
27	28	29	30	31
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange Calories 713 Sodium 632	Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread Calories 681 Sodium 680	Baked Cod Rice Pilaf Asparagus Dinner Roll Cake Calories 739 Sodium 1170	Salmon Cakes Sweet Potato Steamed Carrots Whole Grain Bread Cookie Calories 801 Sodium 705	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Challah Calories 913 Sodium 1054