

September 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake Calories 739 Sodium 1170	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 685 Sodium 667	Meatloaf w/Gravy Mashed Potato Peas and Onions Cake Calories 863 Sodium 715	Chicken Pot Pie Steamed Carrots Challah Bread Peaches Calories 685 Sodium 667
8	9	10	11	12
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	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread Calories 919 Sodium 870	Beef Brisket Mashed Potato Carrots Apple Sauce Challah Bread Calories 703 Sodium 441
15	16	17	18	19
Chicken Cacciatore Egg Noodles Dinner Roll Peaches Dinner Roll Calories 668 Sodium 508	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	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Challah Bread Calories 835 Sodium 750
22	23	24	25	26
Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll Calories 785 Sodium 1067	Kotleti, Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Honey Cake Calories 996 Sodium 830	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll Calories 720 Sodium 673	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
29	30			
Grilled Chicken Thighs Wild Rice Roast Green Beans Cake Dinner Roll Calories 883 Sodium 805	Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread Calories 681 Sodium 680		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