

October 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. All Meal totals include Milk.	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll  <b>Calories 788 Sodium 775</b>	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread  <b>Calories 905 Sodium 820</b>	Chicken Pot Pie Steamed Carrots Challah Bread Peaches  <b>Calories 685 Sodium 667</b>
6	7	8	9	10
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange  <b>Calories 786 Sodium 707</b>	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Whole Grain Bread  <b>Calories 920 Sodium 1002</b>	Salmon Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie  <b>Calories 903 Sodium 812</b>	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp <b>Calories 993 Sodium 1039</b>	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll  <b>Calories 773 Sodium 511</b>
13	14	15	16	17
Holiday No Meals	Baked Haddock Rice Pilaf Steamed Broccoli Whole Grain Bread Cake <b>Calories 800 Sodium 1281</b>	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll <b>Calories 930 Sodium 872</b>	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Whole Grain Bread Pear <b>Calories 730 Sodium 1029</b>	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Dinner Roll <b>Calories 905 Sodium 820</b>
20	21	22	23	24
Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll <b>Calories 887 Sodium 1175</b>	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll  <b>Calories 834 Sodium 1113</b>	Chicken Stir Fry Chicken and Vegetables Sautéed with lo mein noodles Fruit Cup Dinner Roll <b>Calories 718 Sodium 354</b>	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread <b>Calories 788 Sodium 775</b>	Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup <b>Calories 815 Sodium 614</b>
27	28	29	30	31
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange <b>Calories 713 Sodium 632</b>	Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread  <b>Calories 755 Sodium 755</b>	Baked Cod Rice Pilaf Asparagus Dinner Roll Cake <b>Calories 824 Sodium 743</b>	Salmon Cakes Sweet Potato Steamed Carrots Whole Grain Bread Cookie <b>Calories 903 Sodium 812</b>	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Dinner Roll <b>Calories 920 Sodium1002</b>