

September 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake  Calories 842 Sodium 1277	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll  Calories 788 Sodium 775	Meatloaf w/Gravy Mashed Potato Peas and Onions Cake  Calories 966 Sodium 823	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches  Calories 726 Sodium 705
8	9	10	11	12
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange  Calories 786 Sodium 707	Chicken Kiev Braised Cabbage Kasha Vanishka Pear Whole Grain Bread  Calories 1015 Sodium 1161	Salmon Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie  Calories 903 Sodium 812	Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Whole Grain Bread  Calories 1022 Sodium 977	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll  Calories 773 Sodium 511
15	16	17	18	19
Chicken Cacciatore Egg Noodles Dinner Roll Peaches Dinner Roll  Calories 741 Sodium 583	Baked Haddock Rice Pilaf Steamed Broccoli Whole Grain Bread Cake  Calories 800 Sodium 1281	Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll  Calories 930 Sodium 872	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Whole Grain Bread Pear  Calories 730 Sodium 1029	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Dinner Roll  Calories 905 Sodium 820
22	23	24	25	26
Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Peaches Dinner Roll  Calories 887 Sodium 1175	Kotleti Chicken Patty with Gravy Roast Beets Baked Potato Whole Grain Bread Cake  Calories 1091 Sodium 989	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll  Calories 834 Sodium 1113	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread  Calories 813 Sodium 864	Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup  Calories 815 Sodium 614
29	30			
Grilled Chicken Thighs Wild Rice Roast Green Beans Cake Dinner Roll  Calories 985 Sodium 913	Vegetable Quiche Potato Vegetable Medley Fruit Cup Whole Grain Bread  Calories 755 Sodium 755		Menu Subject to change. All Meal totals include Milk.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303