

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Lasagna w/Tomato Sauce Italian Green Beans Peaches Calories 515 Sodium 753 Carb 67	Beef Stroganoff Egg Noodles Fiesta Blend Veg Angel Food Cake w/Raspberry Whipped Topping- Calories 636 Sodium 477 Carb 67	Turkey Pot Pie Harvard Beets Mandarin Oranges Calories 556 Sodium 843 Carb 67	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Fresh Fruit Calories 607 Sodium 651 Carb 83
8	9	10	11	12
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit Calories 692 Sodium 486 Carb 66	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Mixed Fruit Calories 641 Sodium 609 Carb 72	Lentil Stew Shredded Mozz Cheese Root Vegetables Gelatin w/ Topping Calories 609 Sodium 469 Carb 71	Stuffed Shells Red Pepper Sauce California Blend Vegetables Applesauce Calories 479 Sodium 470 Carb 62	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Chocolate Chip Cookie Calories 725 Sodium 823 Carb 49
15	16	17	18	19
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Pears Calories 634 Sodium 810 Carb 80	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Oatmeal Raisin Cookie Calories 711 Sodium 664 Carb 73	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit Calories 628 Sodium 506 Carb 76	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Calories 607 Sodium 783 Carb 65	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping-1 Calories 603 Sodium 458 Carb 63
22	23	24	25	26
Mixed Bean & Veg Stew Cauliflower Applesauce Calories 512 Sodium 899 Carb 83	Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Calories 613 Sodium 513 Carb 76	Chicken Meatballs w/ Gravy Ziti Pasta Riviera Blend Peaches Calories 610 Sodium 494 Carb 70	American Chop Suey Broccoli Gelatin w/ Topping Calories 558 Sodium 387 Carb 45	Chicken & Rice Bake Spinach Mandarin Oranges Calories 542 Sodium 706 Carb 57
29	30			
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Bears Calories 692 Sodium 607 Carb 77	Beef Chili Brown Rice Zucchini & Cauliflower Pears Calories 563 Sodium 527 Carb 74		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium 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