

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Labor Day Special – high sodium meal	4	5
Holiday No Meals	Lasagna w/ Tomato Sauce (557) Italian Green Beans (3) Garlic Knot Roll (134) Peaches (8) Calories 607 Sodium 857	Cheese Burger (641) Sweet Potato Tots (12) Fiesta Blend Vegetables (6) Hamburger Roll (180) Ketchup & mustard (137) Angel Food Cake w/ Raspberry Whipped Topping (41) Calories 819 Sodium 1298	Turkey Pot Pie (414) Harvard Beets (238) Whole Wheat Dinner Roll (180) Mandarin Oranges (7) Calories 616 Sodium 993	Italian Garden Veg Soup (142) Pollock w/Scampi Sauce (266) Creamy Parmesan Polenta (191) Riviera Blend Veg (8) Rye Bread (150) Fresh Fruit (1) Calories 734 Sodium 914
8	9	10	11	12
Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (90) Fresh Fruit (1) Calories 752 Sodium 546	Cream of Broccoli Soup (109) Chicken w/ lemon peas sauce (297) Quinoa Pilaf (56) Spring/Summer Blend Vegetables (68) Wheat Dinner Roll (180) Tropical Fruit (3) Calories 813 Sodium 866	Lentil Stew (58) Shredded Mozz Cheese (160) Root Vegetables (34) Oat Bread (115) Vanilla Pudding w/Topping (174) Calories 884 Sodium 696	Stuffed Shells w/Tomato Sauce (632) California Blend Vegetables (30) Wheat Dinner Roll (180) Applesauce (14) Calories 550 Sodium 1010	Pork w/ Rosemary Balsamic (446) Italian Roasted Red Bliss Potatoes (16) Ratatouille (116) Multigrain Bread (150) Chocolate Chip Cookie (60) Calories 765 Sodium 943
15	16	17	18	19
Chicken Marsala (583) Buttered Seasoned Orzo (32) Green Beans & Red Peppers (4) Wheat Bread (90) Pears (5) Calories 694 Sodium 870	Potato Pollock, lemon wedge (337) Roasted Sweet Potatoes (53) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raising Cookie (75) Calories 751 Sodium 784	Chicken Meatballs w/ Tomato Basil Wine Sauce (297) Penne Pasta (4) Italian Vegetable Blend (19) Whole Wheat Dinner Roll (180) Fresh Orange (0) Calories 688 Sodium 656	Orzo w/Chicken Soup (56) Broccoli Egg Bake (475) Home Fries (30) Stewed Tomatoes (251) Rye Bread (150) Applesauce (14) Calories 786 Sodium 1130	Beef Pot Roast w/ Gravy (131) Mashed Potatoes (68) Carrots (77) Whole Wheat Dinner Roll (180) Chocolate Pudding w/Topping (195) Calories 885 Sodium 806
22	23	24	25	26
Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat Dinner Roll (180) Brownie (132) Calories 629 Sodium 1167	Italian Garden Veg Soup (142) Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 759 Sodium 716	Macaroni & Cheese (694) Riviera Blend Veg (8) Multigrain Bread (150) Peaches (8) Calories 822 Sodium 1016	American Chop Suey (157) Broccoli (12) Oat Bread (115) Vanilla Pudding w/ Topping (174) Calories 833 Sodium 614	Chicken & Rice Bake (369) Spinach (145) Garlic Knot Roll (134) Mandarin Oranges (7) Calories 634 Sodium 809
29	30			
Sweet & Sour Chicken Meatballs (484) Lo Mein Noodles (58) Stir fry vegetables (6) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 837 Sodium 1048	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303