

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg sodium for milk. 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 	Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 884 Sodium 1081	California Chicken Salad (115) Potato Salad (100) Cucumber, Feta, and Onion Salad (80) Multigrain Bread (300) Lorna Doone Cookies (100) Calories 793 Sodium 821	Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Beet Salad (143) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 866 Sodium 931
6	7	8	9	10
Tuna Salad (241) Italian Pasta Salad (138) Cauliflower Carrot Salad (96) Wheat Bread (180) Chocolate Pudding w/Topping (195) Calories 933 Sodium 975	Roast Beef & Provolone Cheese (349) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (1) Mayo (4) Calories 816 Sodium 838	Chicken Romaine Salad w/ Italian Dressing (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (180) Pears (5) Calories 677 Sodium 865	Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Greek Salad (150) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 867 Sodium 1145	Egg Salad (130) Sweet Potato Salad (60) Tomato Red Pepper Salad (5) Multigrain Bread (300) Graham Crackers (85) Calories 721 Sodium 704
13	14	15	16	17
Holiday No Meals	Southwest Chicken Salad (300) Summer Potato Salad (65) Broccoli Slaw (145) Wheat Bread (180) Vanilla Pudding w/Topping (170) Calories 769 Sodium 985	Italian Tuna Salad (502) Quinoa Tabbouleh Salad (25) Squash Zucchini & Red Onion (6) Wheat Bread (180) Tropical Fruit (3) Calories 743 Sodium 839	Roast Beef & Provolone Cheese (349) Balsamic Vinaigrette Pasta Salad (14) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 816 Sodium 745	Vegetarian Chef Salad w/ Italian Dressing (493) Broccoli Feta Orzo Salad (140) Wheat Dinner Roll (180) Peaches (8) Calories 644 Sodium 976
20	21	22	23	24
Mediterranean Tortellini Salad (556) Roman Blend Salad (90) Wheat Dinner Roll (180) Pineapple (9) Calories 650 Sodium 990	Tuna Salad (241) Tri-Color Pasta Salad (59) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Fruited Gelatin w/ topping (17) Calories 750 Sodium 766	Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Tomato Zucchini Salad (60) Multigrain Bread (300) Fresh fruit (1) Mayo (4) Calories 811 Sodium 968	Chicken Salad (121) Orzo Vegetable Salad (14) Broccoli Slaw (145) Multigrain Bread (300) Yogurt (80) Calories 764 Sodium 785	Turkey & Swiss Cheese (470) Israeli Couscous Salad (42) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 761 Sodium 866
27	28	29	30	31
Egg Salad (130) Ziti Broccoli Salad (48) Squash, Zucchini & Red Onion (6) Multigrain Bread (300) Sugar cookie (70) Calories 699 Sodium 679	Turkey Salad (123) Potato Salad (100) Summer Squash Salad (42) Multigrain Bread (300) Mixed Fruit (3) Calories 762 Sodium 694	Chicken Caesar Salad w/ Caesar Dressing (357) Root Vegetable Salad (86) Wheat Dinner Roll (180) Pears (5) Calories 604 Sodium 783	Tuna Salad (241) Italian Pasta Salad (138) Spinach w/Mandarin Orange (144) Wheat Bread (180) Chocolate Pudding w/ topping (190) Calories 840 Sodium 1018	Roast Beef & Provolone Cheese (349) Corn Salad (185) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Orange (0) Mayo (4) Calories 836 Sodium 916