

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	California Chicken Salad (115) Orzo Vegetable Salad (14) Root Vegetable Salad (86) Multigrain Bread (300) Yogurt (80) Calories 778 Sodium 720	Roast Beef & Provolone Cheese (349) BBQ Corn & White Bean Onion (178) Summer Squash Salad (42) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 860 Sodium 879	Tuna Salad (241) Pasta Salad w/ Cheese (312) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Mixed Fruit (3) Calories 661 Sodium 1005	Mediterranean Turkey Pasta Salad(518) Coleslaw (45) Snack n Loaf (180) Peaches (8) Calories 757 Sodium 846
8	9	10	11	12
Turkey Salad (123) German Potato Salad (17) Cucumber Feta & Onion Salad (80) Multigrain Bread (300) Gingersnaps (105) Calories 712 Sodium 750	Middle Eastern Vegetable Pita Salad (287) Tri-Color Pasta Salad (59) Zucchini Salad (64) Snack n Loaf (120) Yogurt (80) Calories 825 Sodium 765	Chef Salad w/ Ham w/ Italian Dressing (570) Sweet Potato Salad (60) Wheat Dinner Roll (180) Pears (5) Calories 677 Sodium 970	Chicken Curry Salad (118) Broccoli Feta Orzo (140) Tossed Garden Salad (107) Multigrain Bread (300) Fresh Fruit (1) Calories 658 Sodium 791	Roast Beef & Provolone Cheese (349) Southwestern Black Bean Salad (294) Tomato Red Pepper Salad (5) Wheat Bread (180) Pineapple (9) Mayo (4) Calories 804 Sodium 966
15	16	17	18	19
Ham & Swiss Cheese (545) Quinoa Tabbouleh Salad (25) Beet Salad (143) Wheat Bread (180) Applesauce (14) Mustard (55) Calories 614 Sodium 1087	Chicken Salad (121) Carrot Raisin Salad (137) Orzo Vegetable Salad (14) Wheat Bread (180) Mandarin Oranges (7) Calories 816 Sodium 583	Tuna Salad (241) Potato Salad (100) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Lorna Doones Cookies (100) Calories 766 Sodium 891	Roast Beef & Provolone Cheese (349) Macaroni Salad (138) Zucchini Salad (64) Wheat Bread (180) Diet Vanilla Pudding (144) Mayo (4) Calories 911 Sodium 1003	Turkey & Swiss Cheese (470) Italian Pasta Salad (138) Broccoli Slaw (145) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 899 Sodium 1064
22	23	24	25	26
Chicken Curry Salad (118) 3 Bean Salad (34) Root Vegetable Salad (74) Wheat Bread (180) Chocolate Pudding w/ Topping (144) Calories 635 Sodium 687	Egg Salad (130) Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5) Calories 719 Sodium 779	Roast beef & Provolone Cheese (349) English Pea Salad (156) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 819 Sodium 822	Mediterranean Turkey Pasta Salad(518) Riviera Salad (92) Wheat Dinner Roll (180) Tropical Fruit (3) Calories 665 Sodium 944	Tuna Salad (241) Greek Pasta Salad (182) Tomato Zucchini Salad (60) Multigrain Bread (300) Oatmeal Raisin Cookie (75) Calories 606 Sodium 983
29	30			
Egg Salad (130) Balsamic vinaigrette pasta salad (14) Riviera salad (92) Wheat Bread (180) Mixed Fruit (3) Calories 706 Sodium 544	Chef Salad w/Tuna w/ Italian Dressing (463) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Diet Tapioca Pudding w/ Topping (144) Calories 695 Sodium 990		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