

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Chickpeas, Craisin & Apple Salad(199) Cornbread Loaf (180) Pudding (130) Calories 880 Sodium 1025	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Ranch Pasta Salad (178) Wheat Roll (150) Chocolate Chip Cookie (80) Honey Mustard Dressing (150) Calories 827 Sodium 1140	Turkey & Swiss Cheese (440) Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Orange (0) Mayo (55) Calories 892 Sodium 1104	Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Butternut Squash & Cranberry Couscous Salad (90) Tomato Cucumber Salad (73) Banana (1) Calories 824 Sodium 513	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Zucchini Salad (131) Peach Cup (5) Calories 803 Sodium 884
10	11	12	13	14
Turkey & Provolone Cheese (570) Wheat Bread (130) Pea Salad (188) Carrot Raisin Salad (124) Applesauce (2) Calories 815 Sodium 1119	Holiday No Meals	Ham & Swiss Cheese (650) Wheat Bun (80) Sweet Potato & Craisin Salad (34) Beet Salad (92) Shortbread Cookie (150) Mayo (55) Calories 879 Sodium 1166	Egg Salad Sandwich (287) w/ Lettuce & Tomato (4) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Brussel Sprout Salad (16) Orange (0) Calories 928 Sodium 687	Chicken Salad (161) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Broccoli Salad (147) Pudding (130) Calories 995 Sodium 819
17	18	19	20	21
Roast Beef & Swiss Cheese (280) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Orange (0) Mustard (55) Calories 871 Sodium 861	Turkey & Cheese (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Beet Salad (92) Apple (2) Mayo (55) Calories 733 Sodium 871	Honey Mustard Chicken Salad (260) w/ Lettuce & Tomato (4) Wheat Bread (130) Pea Salad (188) Zucchini Salad (131) Fudge Filled Cookie (80) Calories 995 Sodium 898	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (431) Broccoli Salad (147) Dinner Roll (100) Pudding (130) Calories 800 Sodium 913	Tuna Salad (403) w/ Lettuce & Tomato (4) Wheat Hamburger Bun (80) Ranch Pasta Salad (178) Pickled Cabbage Salad (8) Banana (1) Calories 921 Sodium 779
24	25	26	27	28
Ham & Cheese (Contains pork) (650) Wheat Hamburger Bun (80) Butternut Squash & Cranberry Couscous Salad (90) Beet Salad (92) Oatmeal Cookie (90) Calories 737 Sodium 1107	Chicken Caesar Wrap (300) Whole Grain Tortilla (135) Carrot Raisin Salad (124) Orange (0) Caesar Dressing Packet (290) Calories 753 Sodium 954	Turkey & Provolone Cheese (570) w/ Lettuce & Tomato (4) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (96) Oatmeal Cookie (90) Calories 752 Sodium 1140	Holiday No Meals	Egg Salad Sandwich (287) Wheat Bun (80) Sweet Potato & Craisin Salad (34) Pickled Cabbage Slaw (8) Applesauce (2) Calories 901 Sodium 516
		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