

November 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange Calories 684 Sodium 600	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread Calories 828 Sodium 802	Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 668 Sodium 508	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake Calories 710 Sodium 1138	Chicken Pot Pie Steamed Carrots Challah Bread Peaches Calories 656 Sodium 635
10	11	12	13	14
Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Dinner Roll Calories 894 Sodium 781	Holiday No Meals	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake Calories 863 Sodium 715	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp Calories 1032 Sodium 1186	Stuffed Cabbage Rice Pilaf Roast Beets Mixed Fruit Challah Bread Calories 675 Sodium 954
17	18	19	20	21
Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 779 Sodium 765	Baked Haddock Rice Pilaf Steamed Broccoli Whole Grain Bread Cake Calories 698 Sodium 1174	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll Calories 717 Sodium 668	Lemon Pepper Cod Roasted Potato Steamed Spinach Whole Grain Bread Pear Calories 613 Sodium 1121	Beef Brisket Mashed Potato Carrots Apple Sauce Challah Bread Calories 732 Sodium 473
24	25	26	27	28
Salmon Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 801 Sodium 705	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Whole Grain Bread Calories 851 Sodium 1163	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll Calories 685 Sodium 667	Holiday No Meals	Beef Kabob Roast Vegetables Sweet Potato Challah Fruit Cup Calories 745 Sodium 544
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			Menu Subject to change.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303