

November 2025

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Salisbury Steak w/ gravy Mashed potato Broccoli Dinner Roll Orange Calories 786 Sodium 707	Apple Stuffed Chicken Baked Potato Peas and Onions Pineapple Cake Whole Grain Bread Calories 930 Sodium 909	Chicken Cacciatore Egg Noodles Dinner Roll Peaches Calories 741 Sodium 583	Baked Cod Rice Pilaf Asparagus Whole Grain Bread Cake Calories 842 Sodium 1277	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches Calories 726 Sodium 705
10	11	12	13	14
Kotleti (Chicken Patty with Gravy) Vegetable Potato Medley Fruit Cup Dinner Roll Calories 996 Sodium 888	Holiday No Meals	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake Calories 966 Sodium 823	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Whole Grain Bread Apple Crisp Calories 1153 Sodium 1293	Stuffed Cabbage Rice Pilaf Roast Beets Mixed Fruit Dinner Roll Calories 745 Sodium 1024
17	18	19	20	21
Grilled Chicken Thighs Israeli Cous Cous Roast Broccoli Cake Dinner Roll Calories 882 Sodium 872	Baked Haddock Rice Pilaf Steamed Broccoli Whole Grain Bread Cake Calories 800 Sodium 1281	Pasta Primavera with veggie crumble Apple Sauce Dinner Roll Calories 791 Sodium 743	Lemon Pepper Cod Roasted Potato Steamed Spinach Whole Grain Bread Pear Calories 657 Sodium 1164	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll Calories 773 Sodium 511
24	25	26	27	28
Salmon Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 903 Sodium 812	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Whole Grain Bread Calories 954 Sodium 1271	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Dinner Roll Calories 788 Sodium 775	Holiday No Meals	Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 815 Sodium 614
			Menu Subject to change. All Meal totals include Milk.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303