

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ziti w/ Red Pepper Sauce (16) Chicken meatball (210) Green Beans (3) Garlic Knot (134) Mixed Fruit (3) Calories 728 Sodium 523	BBQ Pulled Pork (442) Root vegetables (34) California Blend Veg (30) Hamburger Bun (212) Peaches (8) Calories 678 Sodium 880	Greek Chicken (479) Seasoned Orzo (32) Riviera Blend veg (8) Wheat Bread (90) Oatmeal Rasin Cookie (75) Calories 719 Sodium 839	Black Bean & Barley Chili (665) Fiesta Blend (24) Wheat bread (90) Fresh Fruit (0) Calories 725 Sodium 935	Salisbury Steak w/Mushroom Gravy (251) Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Lorna Doone Cookies (100) Calories 953 Sodium 677
10	11	12	13	14
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Cheese (335) Italian Roasted White Potatoes (6) Italian Blend Vegetables (19) Sub Roll (218) Tropical Fruit (3) Calories 808 Sodium 734	Holiday No Meals	Potato Pollock, lemon wedge (337) Root Vegetables (34) Roman Blend Veg (33) Wheat Bread (90) Lorna Doone (100) Calories 776 Sodium 748	Pot Roast w/Gravy (131) Mashed Potatoes (68) Peas & Carrots (82) Rye Bread (150) Pears (5) Calories 724 Sodium 591	Chicken Marsala (399) Buttered noodles (35) Tuscany Blend (47) Wheat Bread (90) Fresh Fruit (0) Calories 769 Sodium 727
17	18	19	20	21
Turkey burger (360) Broccoli (12) Hamburger Bun (180) Applesauce (14) Corn (1) Ketchup (82) Calories 609 Sodium 804	Chicken & Rice Bake (369) Green Beans (3) Multigrain Bread (150) Apple cinn grahams (85) Calories 622 Sodium 763	Sloppy Joe (174) Sweet potato tots (120) Zucchini & red peppers (6) Hamburger Roll (212) Fresh Fruit (0) Calories 674 Sodium 667	Chicken Fajitas (281) Rice & Beans (69) Onion & peppers (108) Tortilla (170) Mandarin Oranges (10) Calories 873 Sodium 794	Mixed Bean & Veg Stew (680) Cauliflower (17) Wheat bread (90) Oatmeal raisin cookie (75) Calories 606 Sodium 1000
24	25	26	27	28
Honey Mustard Chicken (473) Whipped sweet potatoes (28) Jardiniere Style vegetables (32) Multigrain bread (150) Gelatin w/ topping (33) Calories 633 Sodium 810	Orzo w Chicken Gravy (86) Chicken Meatballs (210) Italian Green Beans (3) Garlic Knot (134) Peaches (8) Calories 901 Sodium 596	Beef Stroganoff (192) Egg Noodles (35) Fiesta Blend Veg (24) Wheat bread (90) Brownie (132) Calories 756 Sodium 628	Holiday No Meals	Pollock with scampi sauce (266) Cous cous (180) Riviera Blend (8) Rye Bread (150) Fresh Fruit (0) Calories 711 Sodium 763
		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. 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