

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce Calories 750 Sodium 446	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie Calories 701 Sodium 608	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Calories 796 Sodium 516	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 597 Sodium 466	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Calories 780 Sodium 352
8	9	10	11	12
Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Calories 612 Sodium 289	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only) Calories 706 Sodium 614	Pot Roast w/ Gravy Polenta Green Beans Wheat Bread Fresh Apple Calories 602 Sodium 410	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap Applesauce Calories 712 Sodium 506	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Calories 640 Sodium 278
15	16	17	18	19
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 580 Sodium 491	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie Calories 608 Sodium 383	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Calories 737 Sodium 349	Lentil Unstuffed Pepper White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce Calories 577 Sodium 312	Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear) Calories 815 Sodium 521
22	23	24	25	26
Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Calories 697 Sodium 347	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie Calories 765 Sodium 488	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Cookie Calories 700 Sodium 424	Holiday No Meals	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Calories 668 Sodium 315
29	30	31		
Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce Calories 750 Sodium 446	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie Calories 701 Sodium 608	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Calories 796 Sodium 516	Menu Subject to change. Totals Include for 4 oz Whole Milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 