

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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) Orange (0) Honey Mustard Dressing (150) Calories 770 Sodium 1061	Turkey & Swiss Cheese (440) Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Applesauce (2) Mayo (55) Calories 872 Sodium 1106	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Zucchini Salad (131) Fig Newton (180) Calories 954 Sodium 1059	Waldorf Chicken Salad (160) Wheat Hamburger Bun (75) Butternut Squash & Cranberry Couscous Salad (90) Tomato Cucumber Salad (73) Banana (1) Calories 793 Sodium 508
8	9	10	11	12
Turkey & Provolone Cheese (570) Wheat Bread (130) Pea Salad (188) Carrot Raisin Salad (124) Peach Cup (5) Calories 814 Sodium 1122	Greek Pasta Salad w/ Chicken, Olives & Feta (232) Sweet Potato & Craisin Salad (34) Wheat Roll (150) Vanilla Pudding (130) Calories 818 Sodium 651	Ham & Swiss Cheese (650) Wheat Bun (80) Macaroni Salad (184) Beet Salad (92) Chocolate Chip Cookie (80) Calories 904 Sodium 1186	Egg Salad Sandwich (287) Wheat Hamburger Bun (75) Italian Pasta Salad (195) Brussel Sprout Salad (16) Pear (2) Calories 929 Sodium 680	Chicken Salad (161) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (130) Broccoli Salad (147) Orange (0) Calories 945 Sodium 685
15	16	17	18	19
Roast Beef & Swiss Cheese (280) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Apple (0) Mustard (55) Calories 890 Sodium 863	Turkey & Cheese (530) Wheat Hamburger Bun (75) Corn & Red Pepper Salad (7) Beet Salad (92) Orange (0) Mayo (55) Calories 695 Sodium 866	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (431) Broccoli Salad (147) Dinner Roll (100) Chocolate Swirl (105) Calories 950 Sodium 888	Honey Mustard Chicken Salad (260) Wheat Bread (130) Chickpea, Craisin & Apple Salad (199) Tomato Cucumber Salad (73) Vanilla Pudding (130) Calories 938 Sodium 897	Tuna Salad (403) Wheat Hamburger Bun (75) Ranch Pasta Salad (178) Pickled Cabbage Salad (8) Banana (1) Calories 890 Sodium 770
22	23	24	25	26
Ham & Cheese (Contains pork) (650) Wheat Hamburger Bun (75) Butternut Squash & Cranberry Couscous Salad (90) Beet Salad (92) Oatmeal Cookie (90) Calories 717 Sodium 1102	Turkey & Provolone Cheese (570) Wheat Hamburger Bun (75) Sweet Potato & Craisin Salad (34) Pickled Cabbage Slaw (8) Apple (0) Calories 717 Sodium 794	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (75) Artichoke, Feta & Roasted Pepper Couscous Salad (142) Broccoli Salad (147) Chocolate Pudding (135) Calories 744 Sodium 1129	Holiday No Meals	Egg Salad Sandwich (287) Wheat Bun (80) Italian Pasta Salad (195) Cole Slaw (96) Banana (1) Calories 946 Sodium 759
29	30	31		
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Chickpeas, Craisin & Apple Salad(199) Cornbread Loaf (180) Apple (0) Calories 860 Sodium 897	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Ranch Pasta Salad (178) Wheat Roll (150) Banana (1) Honey Mustard Dressing (22) Calories 806 Sodium 1061	Turkey & Swiss Cheese (440) Wheat Hamburger Bun (75) Potato Salad (250) Carrot Raisin Salad (124) Pound Cake (240) Calories 810 Sodium 1234	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 CITY FRESH FOODS