

December 2025

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Cod Rice Pilaf Green Beans Dinner Roll Apple Sauce Calories 552 Sodium 948	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756	Beef Stew and Vegetables Mashed Potato Dinner Roll Pear Calories 775 Sodium 787	Stuffed Cabbage Egg Noodles Whole Grain Bread Orange Calories 602 Sodium 844	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Peaches Calories 560 Sodium 695
8	9	10	11	12
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 687 Sodium 590	Pasta Primavera Stewed Tomato Whole Grain Roll Peaches Calories 883 Sodium 599	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 688 Sodium 715	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1146 Sodium 1097	Maple Salmon Steamed Rice Spinach Orange Challah Bread Calories 552 Sodium 339
15	16	17	18	19
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 525 Sodium 869	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 883 Sodium 559	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 602 Sodium 844	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Whole Grain Bread Calories 676 Sodium 967	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 757 Sodium 647
22	23	24	25	26
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 662 Sodium 529	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 989 Sodium 881	Blueberry Blintz w/ Blueberry Sauce Home Fries Pears Veggie Sausage Dinner Roll Calories 676 Sodium 967	Holiday No Meals	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Cookie Calories 721 Sodium 744
29	30	31		
Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 552 Sodium 339	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Whole Grain Bread Mixed Fruit Calories 647 Sodium 514	Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 525 Sodium 869	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