

December 2025

Mystic Valley Elder Services

Russian 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 760 Sodium 665	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 873 Sodium 1112	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 790 Sodium 822	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1293 Sodium 1204	Maple Salmon Steamed Rice Spinach Orange Challah Bread Calories 654 Sodium 446
15	16	17	18	19
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 627 Sodium 976	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 986 Sodium 707	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 704 Sodium 951	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 853 Sodium 698	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 860 Sodium 754
22	23	24	25	26
Beef Kabob Roast Vegetables Sweet Potato Dinner Roll Fruit Cup Calories 735 Sodium 604	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989	Blueberry Blintz w/ Blueberry Sauce Home Fries Dinner Roll Veggie Sausage Pears Calories 929 Sodium 1182	Holiday No Meals	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Cookie Calories 824 Sodium 851
29	30	31		
Maple Salmon Steamed Rice Spinach Orange Dinner Roll Calories 654 Sodium 446	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Whole Grain Bread Mixed Fruit Calories 749 Sodium 622	Baked Cod Rice Pilaf Green Beans Dinner Roll Apple Sauce Calories 654 Sodium 1056	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