

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (65) Fresh Fruit (0) Calories 792 Sodium 521	Lemon Chicken w/Peas (297) Quinoa pilaf (56) Spring Blend Vegetables (68) Wheat Bread (65) Mixed Fruit (3) Calories 741 Sodium 644	Lentil Stew (58) Shredded Mozzarella (160) Root Vegetables (34) Oat Bread (115) Gelatin w topping (33) Calories 709 Sodium 554	Stuffed Shells (228) Red Pepper Sauce (14) California Blend Vegetables (30) Wheat Dinner Roll (150) Applesauce (14) Calories 539 Sodium 620	Rosemary Balsamic Pork (446) Italian Roasted Red Bliss Potatoes (16) Ratatouille (116) Wheat bread (65) Chocolate Chip Cookie (60) Calories 825 Sodium 858
8	9	10	11	12
Chicken Marsala (583) Buttered Seasoned Orzo (32) Green Beans & Red Peppers (4) Wheat Bread (65) Pears (5) Calories 764 Sodium 875	Potato Pollock, lemon wedge (337) Roasted Sweet Potatoes (53) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 751 Sodium 784	Chicken Meatballs (210) Tomato Basil Wine Sauce (87) Penne Pasta (4) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (0) Calories 688 Sodium 656	Broccoli egg bake (475) Home Fries (79) Pepper, mushroom, onions (30) Wheat Bread (65) Applesauce (14) Calories 707 Sodium 818	Beef Pot Roast w/Gravy (131) Mashed Potatoes (68) Carrots (77) Wheat Bread (65) Gelatin w topping (33) Calories 751 Sodium 529
15	16	17	18	19
Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat bread (65) Applesauce (14) Calories 612 Sodium 934	Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (65) Fresh Fruit (0) Calories 713 Sodium 548	Chicken Meatballs (210) Beef Gravy w/ Ziti (56) Riveria Blend (8) Multi grain bread (150) Peaches (8) Calories 643 Sodium 588	American Chop Suey (157) Broccoli (12) Oat Bread (115) Gelatin w/Topping (33) Calories 658 Sodium 472	Chicken & Rice Bake (369) Zucchini & Cauliflower (6) Garlic Knot Roll (134) Mandarin Oranges (7) Calories 614 Sodium 671
22	23	24	25	26
Chicken a l'orange (273) Lo mein noodles (58) Stir fry veggies (6) Apple Cinnamon Graham Cookies (85) Multigrain Bread (150) Calories 732 Sodium 727	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Lorna Doones (100) Calories 760 Sodium 734	Holiday No Meals	Pollock w/ Newburg Sauce (404) Herbed Brown Rice (85) Roman Blend (33) Wheat Bread (65) Applesauce (14) Calories 636 Sodium 757
29	30	31		
Omelet (210) Pork Sausage Patty (217) O'Brien Potatoes (39) Red Peppers, Mushrooms & Onions(79) Orange (0) Wheat Bread (65) Calories 636 Sodium 767	Lasagna w/ Cheese & Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 594 Sodium 900	Pork with Apples (439) Roasted Sweet Potatoes (53) Green Beans (3) Wheat Bread (65) Gelatin w/topping (33) Calories 846 Sodium 747	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 