

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey Salad (123) German Potato Salad (17) Cucumber Feta & Onion Salad (80) Multigrain Bread (300) Gingersnaps (105) Calories 712 Sodium 750	Middle Eastern Vegetable Pita Salad (287) Tri-Color Pasta Salad (59) Zucchini Salad (64) Snack n Loaf (120) Yogurt (80) Calories 825 Sodium 765	Chef Salad w/ Ham & Italian Dressing (570) Sweet Potato Salad (60) Wheat Dinner Roll (180) Pears (5) Calories 677 Sodium 970	Chicken Curry Salad (118) Broccoli Feta Orzo (140) Tossed Garden Salad (107) Multigrain Bread (300) Fresh Fruit (0) Calories 658 Sodium 791	Roast Beef & Provolone Cheese (349) Southwestern Black Bean Salad (294) Tomato Red Pepper Salad (5) Wheat Bread (130) Pineapple (9) Mayo (4) Calories 884 Sodium 916
8	9	10	11	12
Ham & Swiss Cheese (545) Quinoa Tabbouleh Salad (25) Beet Salad (143) Wheat Bread (130) Applesauce (14) Mustard (55) Calories 697 Sodium 1038	Chicken Salad (121) Carrot Raisin Salad (137) Orzo Vegetable Salad (14) Wheat Bread (130) Mandarin Oranges (7) Calories 896 Sodium 533	Tuna Salad (241) Potato Salad (100) Spinach w/ Mandarin Oranges (144) Wheat Bread (130) Lorna Doones Cookies (100) Calories 846 Sodium 841	Roast Beef & Provolone Cheese (349) Macaroni Salad (138) Zucchini Salad (64) Wheat Bread (130) Vanilla Pudding (170) Mayo (4) Calories 1049 Sodium 980	Turkey & Swiss Cheese (470) Italian Pasta Salad (138) Broccoli Slaw (145) Wheat Bread (130) Fresh Fruit (0) Mayo (4) Calories 979 Sodium 1014
15	16	17	18	19
Chicken Curry Salad (118) 3 Bean Salad (34) Root Vegetable Salad (74) Wheat Bread (130) Chocolate Pudding (190) Calories 773 Sodium 683	Egg Salad (130) Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5) Calories 719 Sodium 779	Roast beef & Provolone Cheese (349) English Pea Salad (156) Squash, Zucchini, & Red Onion (6) Wheat Bread (130) Fresh Fruit (0) Mayo (4) Calories 899 Sodium 772	Mediterranean Turkey Pasta Salad(518 Riviera Salad (92) Wheat Dinner Roll (180) Tropical Fruit (3) Calories 665 Sodium 944	Tuna Salad (241) Greek Pasta Salad (182) Tomato Zucchini Salad (60) Multigrain Bread (300) Oatmeal Raisin Cookie (75) Calories 606 Sodium 983
22	23	24	25	26
Egg Salad (130) Balsamic vinaigrette pasta salad (14) Riviera salad (92) Wheat Bread (130) Mixed Fruit (3) Calories 786 Sodium 494	Chef Salad w/ Tuna & Italian Dressing (463) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Tapioca Pudding (161) Calories 765 Sodium 1006	Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Wheat Bread (130) Applesauce (14) Mayo (4) Calories 964 Sodium 1031	Holiday No Meals	Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Beet Salad (143) Wheat Bread (130) Fresh Fruit (0) Mayo (4) Calories 946 Sodium 881
29	30	31		
Tuna Salad (241) Italian Pasta Salad (138) Cauliflower Carrot Salad (96) Wheat Bread (130) Chocolate Pudding w/Topping (195) Calories 1013 Sodium 925	Roast Beef & Provolone Cheese (349) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (0) Mayo (4) Calories 816 Sodium 838	Chicken Romaine Salad w/ Italian Dressing (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (120) Pears (5) Calories 677 Sodium 865	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 