

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 823 Sodium 644 mg		Caramel Ginger Chicken White Rice Cabbage Fruit Calories 831 Sodium 682 mg		Teriyaki Beef White Rice Water Spinach Fruit Calories 925 Sodium 685 mg		Green Curry White Fish White Rice Water Spinach Fig Newton Calories 848 Sodium 560 mg		Pork Lo Mein Noodles Broccoli Fruit Calories 820 Sodium 873 mg	
9		10		11		12		13	
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 700 Sodium 812 mg		Teriyaki Salmon White Rice Water Spinach Fruit Calories 766 Sodium 681 mg		Sweet & Sour Chicken White Rice Cabbage Fruit Calories 873 Sodium 670 mg		Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 803 Sodium 713 mg		Pot Roast w/ Gravy Baked Sweet Potatoes Vegetable Medley Wheat Roll Chocolate Chip Blondie Calories 770 Sodium 1136 mg	
16		17		18		19		20	
Holiday - No Meals		Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 778 Sodium 663 mg		Mongolian Beef White Rice Cabbage Fruit Calories 810 Sodium 652 mg		Pork Fried Rice White Rice Cabbage Pound Cake Calories 973 Sodium 817 mg		Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 730 Sodium 445 mg	
23		24		25		26		27	
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 807 Sodium 555 mg		Chicken Teriyaki White Rice Broccoli Fruit Calories 696 Sodium 853 mg		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Calories 878 Sodium 872 mg		Pork & Vegetable Egg Roll White Rice Broccoli Fruit Calories 740 Sodium 753 mg		Chinese BBQ Pork White Rice Cabbage Fruit Calories 855 Sodium 599 mg	

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.