

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Chicken Marsala Orzo Carrots Whole Grain Cornbread Loaf Peach Cup Calories 719 Sodium 674	294 4 56 180 5	Braised Beef & Vegetables Mashed Potatoes Vegetable Medley Wheat Bread Chocolate Pudding Calories 832 Sodium 487	75 23 54 65 135	Pulled Pork Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 680 Sodium 948	550 67 61 135 0	Chicken Pot Pie Whole Grain Buttermilk Biscuit Broccoli Fig Newton Calories 915 Sodium 938	215 370 38 180	Tuscan White Fish Roasted Potatoes California Blend Vegetables Cornbread Loaf Applesauce Calories 690 Sodium 847	413 85 34 180 0
9		10		11		12		13	
Maple-Bacon Glazed Chicken Butternut Squash Green Beans & Red Peppers Hawaiian Roll Orange Calories 780 Sodium 420	162 12 30 80 1	Creamy Cajun Salmon Mashed Potatoes Carrots Dinner Roll Vanilla Pudding Calories 774 Sodium 668	226 23 54 100 130	American Chop Suey (Turkey) Whole Grain Pasta Broccoli Wheat Bread Fruit Cup Calories 761 Sodium 472	225 4 38 65 5	Chicken Scampi Whole Grain Pasta Green Peas Wheat Roll Banana Calories 805 Sodium 482	172 4 20 150 1	Pot Roast w/ Gravy Baked Sweet Potatoes Vegetable Medley Wheat Roll Chocolate Chip Blondie Calories 770 Sodium 1136	590 21 50 150 190
16		17		18		19		20	
Holiday - No Meals		Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Cornbread Loaf Peach Fruit Cup Calories 877 Sodium 635	295 - 20 180 5	Egg & Cheese Broccoli Bake Whole Grain Buttermilk Biscuit Mixed Vegetables Pound Cake Calories 782 Sodium 1111	315 370 51 240	Chicken Anna Maria White Rice Carrots Wheat Roll Banana Calories 705 Sodium 905	540 25 54 150 1	Herb Crusted White Fish w/ Lemon Garlic Mashed Potatoes Broccoli Wheat Bread Chocolate Chip Cookie Calories 766 Sodium 686	345 23 38 65 80
23		24		25		26		27	
Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Apples Calories 752 Sodium 552	201 7 26 150 3	Stewed Tomato Chicken Thigh Rice Pilaf Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 713 Sodium 669	175 50 29 150 130	Beef Chili w/ Cheese Whole Grain Buttermilk Biscuit Mixed Root Vegetables Pear Calories 755 Sodium 894	323 370 65 1	Teriyaki Shrimp White Rice Edamame, Corn & Pepeprs Cornbread Loaf Banana Calories 795 Sodium 923	560 25 22 180 1	Cheesy Vegetable & Rice Casserole Seasoned Rice Green Peas Dinner Roll Oatmeal Cookie Calories 742 Sodium 925	480 - 20 100 90

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. Individual Sodium amount listed.