

Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		
						Holiday - No Meals		Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Whole Grain Biscuit Applesauce Calories 868 Sodium 822	295 - 20 370 2
5		6		7		8		9	
Beef Chili w/ Shredded Cheese Mixed Root Vegetables Cornbread Bowl Vanilla Pudding Calories 848 Sodium 906	320 96 65 160 130	Tuscan Chicken Roasted Potatoes Vegetable Medley Dinner Roll Cinnamon Apples Calories 725 Sodium 781	403 85 55 100 3	Italian Sausage w/ Peppers & Onions (C) White Rice Green Peas Wheat Roll Shortbread Cookie Calories 868 Sodium 1055	575 25 20 150 150	Meatloaf & Gravy Mashed Potatoes Broccoli Hawaiian Roll Banana Calories 724 Sodium 821	545 22 38 80 1	Seafood Cajun Pasta Whole Grain Pasta Green Beans & Red Peppers Wheat Bread Apple Calories 715 Sodium 726	500 4 20 65 2
12		13		14		15		16	
Hot Dog (Beef) Baked Beans Corn Wheat Hot Dog Bun Orange Ketchup Calories 925 Sodium 1000	540 140 20 85 0 80	Cheese Ravioli w/ Turkey Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Calories 770 Sodium 778	200 222 26 65 130	Salmon w/ Dill Sauce Rice Pilaf California Blend Vegetables Wheat Roll Pear Cup Calories 847 Sodium 529	160 50 34 150 0	Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Vegetable Medley Whole Grain Cornbread Loaf Banana Calories 775 Sodium 975	585 20 54 180 1	Roasted Chicken Thigh Mac & Cheese Collard Greens Wheat Roll Pound Cake Calories 916 Sodium 1045	90 390 40 150 240
19		20		21		22	Winter Special Meal	23	
Holiday - No Meals		Pork Cacciatore White Rice Green Peas Whole Grain Cornbread Loaf Applesauce Calories 878 Sodium 722	360 25 20 180 2	Beef Stew w/ Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Apple Calories 767 Sodium 818	140 370 38 135 2	Rosemary & Garlic Chicken Mashed Potatoes Carrots Wheat Roll Vanilla Cupcake Calories 715 Sodium 1044	450 23 56 150 230	White Fish Picatta Rice Pilaf Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Calories 840 Sodium 820	388 50 65 180 2
26		27		28		29		30	
Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Calories 701 Sodium 991	390 315 51 100 0	Potato Pollock Sweet Potato Wedges Kale & Peppers Hawaiian Roll Vanilla Pudding Tartar Sauce Calories 763 Sodium 965	330 150 30 80 130 110	Chicken Alfredo Whole Grain Pasta Broccoli Wheat Roll Cinnamon Apples Calories 675 Sodium 940	610 4 38 150 3	Roast Turkey & Gravy Mashed Potatoes Vegetable Medley Wheat Bread Oatmeal Cookie Calories 650 Sodium 947	580 23 54 65 90	Unstuffed Pepper Bowl w/ Beef White Rice California Blend Vegetables Wheat Roll Banana Calories 897 Sodium 637	276 25 50 150 1

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.