

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Glazed Meatloaf Mashed Potatoes Green Beans Fresh Fruit - Rye Bread	Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Seasonal Fruit - Rye Bread	Pot Roast Mashed Potatoes Bean Medley Peaches - Dinner Roll	Chicken Stir Fry Basmati Rice Corn Seasonal Fruit - Rye Bread	Spinach and Onion Mac N Cheese Cavatappi Pasta Chopped Broccoli Apple Sauce - Wheat Bread
9	10	11	12	13
Chicken Shnitzel Lemon Rice Tri-Color Cauliflower Seasonal Fruit - Rye Bread	Italian Rosemary Chicken Mashed Potatoes Carrots Seasonal Fruit - Rye Bread	Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit - Dinner Roll	Sweet-Tangy Glazed Chicken Tenders Home Fries Bean Medley Seasonal Fruit - Wheat Bread	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce - Wheat Bread
16	17	18	19	20
Holiday - No Meals	Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit - Rye Bread	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Diced Pear - Dinner Roll	Roasted Turkey Herbed Stuffing Butternut Squash Seasonal Fruit - Rye Bread	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Diced Peach - Dinner Roll
23	24	25	26	27
Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit - Rye Bread	Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Seasonal Fruit - Rye Bread	Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce - Dinner Roll	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit - Rye Bread	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit - Wheat Bread

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.