

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446 mg	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 661 Sodium 415 mg	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 574 mg	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 669 Sodium 501 mg	Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread Calories 630 Sodium 477 mg
9	10	11	12	13
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693 mg	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll Calories 670 Sodium 514 mg	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480 mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 725 Sodium 451 mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695 mg
16	17	18	19	20
Holiday - No Meals	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559 mg	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, tur Fruit Wheat Roll Calories 690 Sodium 482 mg	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583 mg	White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 mg
23	24	25	26	27
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 785 Sodium 519 mg	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593 mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 745 Sodium 602 mg	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472 mg	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 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.