

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Turkey & Provolone Cheese on Wheat Bread (2 slices) Pea Salad Beet Salad Chocolate Pudding High Sodium Meal Calories 875 Sodium 1252	570 130 188 124 135	Greek Pasta Salad w/ Chicken, Olives & Feta Sweet Potato Craisin Salad Wheat Roll Orange Calories 780 Sodium 522	232 - 34 150 1	Chicken Salad Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Broccoli Salad Fig Newton Calories 1073 Sodium 865	161 130 142 147 180	Ham & Swiss Cheese Wheat Bun Potato Salad Carrot Raisin Salad Applesauce High Sodium Meal Calories 701 Sodium 1206	650 75 250 124 2	Egg Salad Sandwich Wheat Hamburger Bun Italian Pasta Salad Brussel Sprout Salad Banana Calories 931 Sodium 679	287 75 195 16 1
9		10		11		12		13	
Turkey & Cheese Sandwich Wheat Hamburger Bun Chickpea, Craisin & Apple Salad Pickled Cabbage Slaw Pudding Mayo Calories 835 Sodium 1018	530 75 110 8 130 60	Roast Beef & Swiss Cheese Wheat Bread (2 slices) Macaroni Salad Beet Salad Fruit Cup Mustard Calories 980 Sodium 846	280 130 184 92 0 55	Honey Mustard Chicken Salad Wheat Bread (2 slices) Corn & Red Pepper Salad Tomato Cucumber Salad Orange Calories 817 Sodium 576	260 130 73 7 1	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Broccoli Salad Dinner Roll Chocolate Chip Blondie Calories 950 Sodium 972	430 - 147 100 190	Tuna Salad w/ Lettuce Wheat Hamburger Bun Ranch Pasta Salad Zucchini Salad Banana Calories 863 Sodium 893	403 75 178 131 1
16		17		18		19		20	
Holiday - No Meals		Buffalo Chicken & Cheese Wheat Hamburger Bun Artichoke, Feta & Roasted Pepper Couscous Salad Chickpeas, Craisin & Apple Salad Fruit Cup Calories 730 Sodium 962	525 75 142 110 5	Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Beet Salad Cornbread Loaf Pound Cake Calories 798 Sodium 1028	411 - 92 180 240	Turkey & Provolone Cheese Wheat Hamburger Bun Sweet Potato & Craisin Salad Pickled Cabbage Slaw Apple Calories 716 Sodium 794	570 75 34 8 2	Egg Salad Sandwich Wheat Bun Italian Pasta Salad Cole Slaw Chocolate Chip Cookie Calories 967 Sodium 838	287 75 195 96 80
23		24		25		26		27	
Ham & Cheese (Contains pork) Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Beet Salad Vanilla Pudding Calories 744 Sodium 1142	650 75 90 92 130	Turkey & Swiss Cheese Wheat Hamburger Bun Potato Salad Carrot Raisin Salad Pear Calories 751 Sodium 966	440 75 250 124 2	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Ranch Pasta Salad Wheat Roll Banana Honey Mustard Dressing Calories 806 Sodium 1061	407 - 178 150 1 220	Waldorf Chicken Salad Wheat Hamburger Bun Roasted Potato & Bean Salad Tomato Cucumber Salad Oatmeal Cookie Calories 710 Sodium 584	161 75 80 73 90	Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Shaved Brussel Sprout Salad Orange Calories 873 Sodium 765	463 - 180 16 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.