

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
CITY FRESH FOODS						Holiday - No Meals		Chik'n Cutlet Black Eyed Peas Beets & Greens Cornbread Loaf Pound Cake Calories 926 Sodium 1174 mg	
5		6		7		8		9	
3 Bean Chili w/ Shredded Cheese Mixed Root Vegetables Cornbread Bowl Fruit Calories 765 Sodium 943 mg		Tuscan Chik'n Roasted Potatoes Vegetable Medley Dinner Roll Cinnamon Apples Calories 784 Sodium 901 mg		Vegetarian Cacciatore White Rice Green Peas Wheat Roll Shortbread Cookie Calories 822 Sodium 971 mg		Vegetarian Meatloaf & Gravy Mashed Potatoes Broccoli Hawaiian Roll Chocolate Pudding Calories 697 Sodium 904 mg		Creamy Cajun Beans Whole Grain Pasta Green Beans & Red Peppers Wheat Bread Apple Calories 751 Sodium 753 mg	
12		13		14		15		16	
Veggie Burger w/ Cheese Baked Beans Corn Wheat Hamburger Bun Orange Ketchup Calories 895 Sodium 945 mg		Cheese Ravioli w/ Lentil Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Calories 784 Sodium 799 mg		Veggie Fritters w/ Dill Sauce Rice Pilaf California Blend Vegetables Wheat Roll Pear Cup Calories 767 Sodium 771 mg		Veggie Sausage w/ Gravy Mashed Sweet Potatoes Vegetable Medley Whole Grain Cornbread Loaf Banana Calories 799 Sodium 910 mg		Chik'n Cutlet Mac & Cheese Collard Greens Wheat Roll Pound Cake Calories 945 Sodium 1315 mg	
19		20		21		22		23	
Holiday - No Meals		Veggie Sausage w/ Peppers & Onions White Rice Green Peas Whole Grain Cornbread Loaf Applesauce Calories 776 Sodium 829 mg		Lentil Stew w/ Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Calories 750 Sodium 810 mg		Rosemary & Garlic Chik'n Mashed Potatoes Carrots Wheat Roll Vanilla Cupcake Calories 804 Sodium 1116 mg		Tofu & Artichoke Picatta Rice Pilaf Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Calories 887 Sodium 685 mg	
26		27		28		29		30	
Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Calories 701 Sodium 901 mg		Veggie Fritters Sweet Potato Wedges Kale & Peppers Hawaiian Roll Vanilla Pudding Calories 690 Sodium 855 mg		Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Bread Cinnamon Apples Calories 710 Sodium 708 mg		Roast Tofu w/ Gravy Mashed Potatoes Vegetable Medley Cornbread Loaf Oatmeal Cookie Calories 695 Sodium 712 mg		Unstuffed Pepper Bowl w/ Lentils White Rice California Blend Vegetables Wheat Roll Banana Calories 746 Sodium 543 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.