

January 2026

Mystic Valley Elder Services

Kosher Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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Note: 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.		Holiday No Meals	Herb Roast Chicken Braised Cabbage Baked Potato Challah Bread Peaches Calories 560 Sodium 695
5	6	7	8	9
Beef Stroganoff Egg Noodles Green beans Dinner Roll Pineapple Calories 687 Sodium 590	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 883 Sodium 599	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 688 Sodium 715	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1146 Sodium 1097	Maple Salmon Steamed Rice Spinach Orange Challah Bread Calories 552 Sodium 339
12	13	14	15	16
Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 525 Sodium 869	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 770 Sodium 1005	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 602 Sodium 844	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 750 Sodium 591	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 757 Sodium 647
19	20	21	22	23
Holiday No Meals	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 989 Sodium 881	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll Calories 676 Sodium 967	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Pear Calories 775 Sodium 787	Chicken Cacciatore Steamed Broccoli Ziti Challah Bread Cookie Calories 824 Sodium 851
26	27	28	29	30
Grilled Salmon Steamed Rice Spinach Orange Dinner Roll Calories 552 Sodium 339	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Whole Grain Bread Mixed Fruit Calories 647 Sodium 514	Blueberry Blintz w/ Blueberry Sauce Home Fries Veggie Sausage Jello Dinner Roll Calories 735 Sodium 1063	Beef Kabob Roast Vegetables Sweet Potato Whole Grain Bread Fruit Cup Calories 662 Sodium 529	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756