

January 2026

Mystic Valley Elder Services

Russian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
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. All Meal totals include Milk.		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 760 Sodium 665	Beef Knish Steamed Rice Peas and Onions Whole Grain Bread Jello Calories 986 Sodium 707	Cod Cakes Sweet Potato Steamed Carrots Dinner Roll Cookie Calories 790 Sodium 822	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Roll Cake Calories 1293 Sodium 1204	Maple Salmon Steamed Rice Spinach Orange Challah Bread Calories 654 Sodium 446
12	13	14	15	16
Dijon Baked Cod Rice Pilaf Broccoli Dinner Roll Apple Sauce Calories 627 Sodium 976	Pasta Primavera Stewed Tomato Whole Grain Roll Pineapple Chunks Calories 873 Sodium 1112	Stuffed Cabbage Egg Noodles Dinner Roll Orange Calories 704 Sodium 951	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 853 Sodium 698	Apple Stuffed Chicken Baked Potato Peas and Onions Apple Challah Bread Calories 860 Sodium 754
19	20	21	22	23
Holiday No Meals	Kotleti Chicken Patty With Gravy Roast Beets Baked Potato Whole Grain Bread Apple Sauce Calories 1091 Sodium 989	Stuffed Sole lemon sauce Roasted Potato Steamed Spinach Pudding Dinner Roll Calories 778 Sodium 1075	Beef Stew and Vegetables Mashed Potato Dinner Roll Pear Calories 775 Sodium 787	Chicken Cacciatore Steamed Broccoli Ziti Challah Bread Cookie Calories 824 Sodium 851
26	27	28	29	31
Grilled Salmon Steamed Rice Spinach Fruit Cup Dinner Roll Calories 654 Sodium 446	Creamy Chicken Vegetable Stew Over Egg Noodles Buttered Peas Whole Grain Bread Mixed Fruit Calories 749 Sodium 622	Blueberry Blintz w/ Blueberry Sauce Home Fries Dinner Roll Veggie Sausage Calories 929 Sodium 1182	Beef Kabob Roast Vegetables Sweet Potato Whole Grain Bread Fruit Cup Calories 735 Sodium 604	Mac and Beef Elbow Pasta Roasted Mushrooms Pear Whole Grain Bread Calories 710 Sodium 756