

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Chicken Meatball Sub w/ Red Pepper sauce & Provolone Cheese Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Cal:838 CHO:90g Na:764mg	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Mandarin Oranges Cal:524 CHO:64g Na:815mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Lorna Doones Cal:716 CHO:66g Na:688mg	Pot Roast w/Gravy Harvard Beets Peas & Carrots Pears Cal:547 CHO:62g Na:641mg	Chicken a la King Buttered noodles Tuscany Blend Fresh Fruit Cal:747 CHO:83g Na:586mg
9	10	11	12	13
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Ketchup Cal:639 CHO:79g Na:834mg	Chicken & Rice Bake Green Beans Apple Cinnamon Grahams Cal:582 CHO:60g Na:643mg	Beef Sloppy Joe Sweet Potato Tots Zucchini & Red Pepper Fresh Fruit Hamburger Bun Cal:704 CHO:79g Na:697mg	Chicken Fajitas White Rice Onions & Peppers Mandarin Oranges Tortilla Cal:693 CHO:80g Na:563mg	Mixed Bean & Veg Stew Cauliflower Oatmeal Raisin Cookie Cal:546 CHO:83g Na:960mg
16	17	18	19	20
Holiday - No Meals	Lasagna w/Tomato Sauce Italian Green Beans Peaches Cal:515 CHO:67g Na:753mg	Beef Stroganoff Egg Noodles Fiesta Blend Veg Pears Cal:649 CHO:74g Na:440mg	Turkey Pot Pie - crustless Mashed potatoes Mandarin Oranges Cal:437 CHO:61g Na:766mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Fresh Fruit Cal:496 CHO:69g Na:484mg
23	24	25	26	27
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit Cal:692 CHO:66g Na:486mg	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Mixed Fruit Cal:641 CHO:72g Na:609mg	Lentil Stew Shredded Mozz Cheese Root Vegetables Gelatin w/ Topping Cal:609 CHO:71g Na:469mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Chocolate Chip Cookie Cal:725 CHO:48g Na:823mg	Stuffed Shells Red Pepper Sauce California Blend Vegetables Applesauce Cal:453 CHO:58g Na:517mg

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.