

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday - No Meals	Shepherd's Pie Jardiniere Vegetables Tropical Fruit Cal:670 CHO:96g Na:424mg
5	6	7	8	9
Chicken Cacciatore Pasta Broccoli/ Cauliflower Mix Applesauce Cal:527 CHO:68g Na:831mg	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Lorna Doones Cal:811 CHO:92g Na:786mg	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping Cal:616 CHO:62g Na:388mg	Swedish Chicken Meatballs Buttered Noodles Brussels Sprouts Mixed Fruit Cal:645 CHO:73g Na:509mg	Chicken Stew Green Beans Fresh Fruit Cal:532 CHO:66g Na:551mg
12	13	14	15	16
Dijon Pork Brown Rice Root Vegetables Peaches Cal:666 CHO:77g Na:530mg	Chicken Souvlaki Seasoned Orzo Spring summer blend veg Applesauce Cal:711 CHO:71g Na:755mg	Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Fresh Fruit Cal:504 CHO:69g Na:461mg	Meatloaf w/gravy Buttered Noodles Peas & Carrots Chocolate Chip Cookie Cal:771 CHO:71g Na:529mg	Chicken w/Orange Sauce White Rice Zucchini & Tomatoes Mandarin Oranges Cal:549 CHO:69g Na:563mg
19	20	21	22	23
Holiday - No Meals	Chicken Stir Fry Brown Rice Fresh Fruit Cal:547 CHO:69g Na:651mg	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Gelatin w/ Topping Cal:524 CHO:54g Na:558mg	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Cal:574 CHO:76g Na:640mg	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Apple Slices w/cinnamon Cal:566 CHO:85g Na:845mg
26	27	28	29	30
Ziti w/ Red Pepper Sauce Chicken meatballs Green Beans Mixed Fruit Cal:636 CHO:77g Na:420mg	BBQ Pulled Pork Root Vegetables California Blend Veg Hamburger Bun Peaches Cal:708 CHO:74g Na:911mg	Greek Chicken Seasoned Orzo Riviera Blend Veg Oatmeal Rasin Cookie Cal:659 CHO:74g Na:779mg	Black Bean & Barley Chili Fiesta Blend Veg Fresh Fruit Cal:665 CHO:104g Na:875mg	Salisbury Steak w/Mushroom Gravy Cauliflower Root Vegetables Lorna Doone Cookies Cal:713 CHO:52g Na:586mg

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.