

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Chicken Meatball Sub w/ Red Pepper sauce & Provolone Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 808 Sodium 734	210 125 6 19 218 3	Broccoli & Mushroom Fritatta O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 674 Sodium 868	363 27 251 65 7	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Wheat Bread Lorna Doone Calories 776 Sodium 748	337 34 33 65 100	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 616 Sodium 643	131 121 82 150 5	Chicken Marsala Buttered noodles Tuscany Blend Wheat Bread Fresh Fruit Calories 809 Sodium 702	399 35 47 65 0
9		10		11		12		13	
Turkey burger Broccoli Hamburger Bun Corn Applesauce Ketchup Calories 609 Sodium 804	360 12 180 1 14 82	Chicken & Rice Bake Green Beans Multigrain Bread Apple cinn grahams Calories 622 Sodium 763	369 3 150 85	Sloppy Joe Sweet potato tots Zucchini & red peppers Hamburger Roll Fresh Fruit Calories 674 Sodium 667	174 120 6 212 0	Chicken Fajitas Rice & Beans Onion & peppers Tortilla Mandarin Oranges Calories 872 Sodium 790	281 69 108 170 7	Mixed Bean & Veg Stew Cauliflower Wheat bread Oatmeal raisin cookie Calories 606 Sodium 1020	683 17 65 75
16		17		18		19		20	
Holiday - No Meals		Orzo w/ Chicken Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches Calories 901 Sodium 596	86 210 3 134 8	Beef Stroganoff Egg Noodles Fiesta Blend Veg Wheat bread Brownie Calories 796 Sodium 603	192 35 24 65 132	Turkey Pot Pie - crustless Harvard Beets Wheat bread Mandarin Oranges Calories 567 Sodium 831	366 238 65 7	Pollock with scampi sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Calories 536 Sodium 604	266 24 8 150 0
23		24		25		26		27	
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 792 Sodium 521	224 76 65 0	Lemon Chicken w/Peas Quinoa pilaf Spring Blend Vegetables Wheat Bread Mixed Fruit Calories 741 Sodium 644	297 56 68 65 3	Lentil Stew Shredded Mozzarella Root Vegetables Oat Bread Gelatin w topping Calories 709 Sodium 554	58 160 34 115 33	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Wheat bread Chocolate Chip Cookie Calories 825 Sodium 858	446 16 116 65 60	Stuffed Shells Red Pepper Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Calories 655 Sodium 681	228 9 30 65 14

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. Individual Sodium amount listed.