

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Chicken Meatball Sub w/ Provolone Cheese Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 800 Sodium 961	446 116 6 19 218 3	Broccoli & Mushroom Fritatta O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 654 Sodium 880	363 39 251 65 7	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Wheat Dinner Roll Vanilla Pudding w/Topping Calories 852 Sodium 912	337 34 33 180 174	Minestrone Soup Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Cupcake Calories 963 Sodium 1018	261 131 68 82 150 170	Chicken a la King Buttered noodles Tuscany Blend Veg Multigrain Bread Fresh Fruit Calories 787 Sodium 706	319 35 47 150 0
9		10		11		12	Valentine's Day Special	13	
Macaroni & Cheese Broccoli Wheat Dinner Roll Applesauce Calories 822 Sodium 1056	694 12 180 14	Cream of Tomato Soup Chicken & Rice Bake Green Beans Multigrain Bread Tapioca Pudding w/Topping Calories 778 Sodium 1117	245 369 3 150 195	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange Calories 705 Sodium 806	174 120 145 212 0	Cheese Ravioli Spinach Alfredo sauce California Blend Veg Wheat dinner roll Chocolate Trifle Puding Calories 758 Sodium 943	190 111 30 180 277	Mixed Bean & Veg Stew Cauliflower Wheat Bread Fig Bar Calories 713 Sodium 1069	683 17 65 149
16		17		18		19		20	
Holiday - No Meals		Lasagna w/ Tomato Sauce Italian Green Beans Garlic Knot Roll Peaches Calories 607 Sodium 857	557 3 134 8	Beef Stroganoff Buttered Noodles Fiesta Blend Veg Wheat bread Brownie Calories 871 Sodium 702	144 35 24 65 279	Turkey Pot Pie - crustless Mashed potatoes Buttermilk Biscuit Mandarin Oranges Calories 585 Sodium 929	366 121 280 7	Italian Garden Veg Soup Pollock w/Scampi Sauce Cous cous Riviera Blend Veg Rye Bread Fresh Fruit Calories 622 Sodium 747	142 266 24 8 150 0
23		24		25		26		27	
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 792 Sodium 521	224 75 65 0	Cream of Broccoli Soup Chicken w/ lemon peas sauce Quinoa Pilaf Spring/Summer Blend Vegetables Wheat Dinner Roll Tropical Fruit Calories 813 Sodium 866	109 297 56 68 180 3	Lentil Stew Shredded Mozz Cheese Root Vegetables Oat Bread Vanilla Pudding w/Topping Calories 884 Sodium 696	58 160 34 115 174	Pork w/ Rosemary Balsamic sauce Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Chocolate Chip Cookie Calories 765 Sodium 943	446 16 116 150 14	Stuffed Shells w Tomato Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Calories 550 Sodium 1010	632 30 180 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.