

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Chicken Meatballs Pasta w/ Tomato Sauce Italian Blend Veg Mixed Fruit Sysco Shake	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Mandarin Oranges Sysco Shake	Potato Pollock, lemon wedge Root Vegetables Roman Blend Vanilla Pudding w/Topping Sysco Shake	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake	Chicken a la King Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake
Calories 823 Sodium 871mg	Calories 754 Sodium 940mg	Calories 992 Sodium 857mg	Calories 884 Sodium 566mg	Calories 918 Sodium 712mg
9	10	11	12	13
Macaroni & Cheese Broccoli Applesauce Sysco Shake	Chicken & Rice Bake Green Beans Tapioca Pudding w/Topping Sysco Shake	Beef Sloppy Joe Sweet Potato Tots Spinach Gelatin w/Topping Sysco Shake	Chicken Fajitas Rice & Beans w/ Tomato Sauce Onions & Peppers Mandarin Oranges Sysco Shake	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake
Calories 962 Sodium 1001mg	Calories 832 Sodium 848mg	Calories 792 Sodium 751mg	Calories 908 Sodium 733mg	Calories 722 Sodium 988mg
16	17	18	19	20
Holiday - No Meals	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake	Beef Stroganoff Egg Noodles Fiesta Blend Veg Gelatin w/Topping Sysco Shake	Turkey Pot Pie (no pastry) Mashed potatoes Mandarin Oranges Sysco Shake	Pollock w/Scampi Sauce Cous cous Riviera Blend Applesauce Sysco Shake
	Calories 715 Sodium 848mg	Calories 929 Sodium 653mg	Calories 804 Sodium 721mg	Calories 666 Sodium 592mg
23	24	25	26	27
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake	Lemon Chicken w/Peas Buttered Noodles Spring Blend Vegetables Sysco Shake Mixed Fruit	Lentil Stew shredded mozzarella cheese Root Vegetables Vanilla Pudding w/Topping Sysco Shake	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Pears Sysco Shake	Stuffed Shells Tomato Sauce California Blend Vegetables Applesauce Sysco Shake
Calories 862 Sodium 594mg	Calories 820 Sodium 682mg	Calories 984 Sodium 706mg	Calories 901 Sodium 862mg	Calories 658 Sodium 788mg

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. Items altered and prepared to texture ordered.