

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Onions & Peppers Italian Blend Vegetables Sub Roll Tropical Fruit Calories 684 Sodium 690mg	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Cranberry Juice Calories 603 Sodium 510mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Bread Lorna Doones Apple Juice Calories 749 Sodium 658mg	Pot Roast w/Gravy Harvard Beets Peas & Carrots Rye Bread Pears Apple Juice Calories 560 Sodium 670mg	Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 760 Sodium 616mg
9	10	11	12	13
Turkey Burger Corn Broccoli Hamburger Roll, Ketchup Applesauce Apple Juice Calories 597 Sodium 712mg	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672mg	Sloppy Joe Sweet Potato Tots Zucchini and red pepper Hamburger Roll Fresh Fruit Cranberry Juice Calories 668 Sodium 576mg	Chicken Fajitas White Rice Onions & Peppers Tortilla Mandarin Oranges Apple Juice Calories 635 Sodium 443mg	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 578 Sodium 930mg
16	17	18	19	20
Holiday - No Meals	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764mg	Beef Stroganoff Egg Noodles Fiesta Blend Veg Wheat Bread Brownie Apple Juice Calories 728 Sodium 538mg	Turkey Pot Pie crustless Harvard beets Mandarin Oranges Wheat bread Apple Juice Calories 494 Sodium 678mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 882 Sodium 776mg
23	24	25	26	27
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 725 Sodium 456mg	Lemon Chicken w/Peas Quinoa Pilaf Summer/Spring Veggies Wheat Bread Mixed Fruit Apple Juice Calories 673 Sodium 579mg	Lentil Stew Shredded mozzarella Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 697 Sodium 462mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Wheat Bread Chocolate Chip Cookie Apple Juice Calories 797 Sodium 767mg	Stuffed Shells Red Pepper Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Apple Juice Calories 498 Sodium 525mg

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.