

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Orange Calories 856 Sodium 734 mg	Caramel Ginger Chicken White Rice Cabbage Apple Calories 870 Sodium 683 mg	Teriyaki Beef White Rice Water Spinach Pear Fruit Cup Calories 897 Sodium 685 mg	Green Curry White Fish White Rice Water Spinach Vanilla Pudding Calories 777 Sodium 510 mg	Pork Lo Mein Noodles Broccoli Shortbread Cookie Calories 873 Sodium 1023 mg
9	10	11	12	13
Chicken Teriyaki Potstickers w/ Soy White Rice Bok Choy Lemon Cookie Calories 715 Sodium 913 mg	Teriyaki Salmon White Rice Water Spinach Cinnamon Apples Calories 725 Sodium 684 mg	Sweet & Sour Chicken White Rice Cabbage Pear Calories 725 Sodium 673 mg	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Chocolate Pudding Calories 730 Sodium 848 mg	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Orange Calories 690 Sodium 644 mg
16	17	18	19	20
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Pound Cake Calories 848 Sodium 903 mg	Mongolian Beef White Rice Cabbage Vanilla Pudding Calories 770 Sodium 782 mg	Corned Beef & Cabbage Boiled Potatoes Carrots Wheat Roll High Sodium Meal Calories 847 Sodium 1254 mg	Pork Fried Rice White Rice Cabbage Orange Calories 775 Sodium 577 mg	Turmeric & Ginger Fish White Rice Water Spinach Banana Calories 690 Sodium 446 mg
23	24	25	26	27
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 847 Sodium 555 mg	Chicken Teriyaki White Rice Broccoli Oatmeal Cookie Calories 700 Sodium 943 mg	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Chocolate Pudding Calories 767 Sodium 1007 mg	Pork & Vegetable Egg Roll White Rice Broccoli Apple Calories 715 Sodium 754 mg	Chinese BBQ Pork White Rice Cabbage Pear Calories 840 Sodium 601 mg
30	31			
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Orange Calories 856 Sodium 734 mg	Caramel Ginger Chicken White Rice Cabbage Apple Calories 870 Sodium 683 mg			

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.