

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll  <b>Calories 566 Sodium 446 mg</b>	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll  <b>Calories 661 Sodium 415 mg</b>	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll  <b>Calories 545 Sodium 574 mg</b>	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1)  <b>Calories 669 Sodium 501 mg</b>	Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread  <b>Calories 630 Sodium 477 mg</b>
9	10	11	12	13
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll  <b>Calories 516 Sodium 693 mg</b>	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll  <b>Calories 670 Sodium 514 mg</b>	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll  <b>Calories 631 Sodium 480 mg</b>	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread  <b>Calories 725 Sodium 451 mg</b>	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll  <b>Calories 742 Sodium 695 mg</b>
16	17	18	19	20
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll  <b>Calories 640 Sodium 483 mg</b>	Curried Chicken Brown Rice Carrots Fruit Wheat Roll  <b>Calories 700 Sodium 559 mg</b>	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, tur) Fruit Wheat Roll  <b>Calories 690 Sodium 482 mg</b>	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll  <b>Calories 647 Sodium 583 mg</b>	White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll  <b>Calories 544 Sodium 582 mg</b>
23	24	25	26	27
Chicken Scampi Pasta Green Peas Fruit Wheat Roll  <b>Calories 785 Sodium 519 mg</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll  <b>Calories 756 Sodium 593 mg</b>	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll  <b>Calories 745 Sodium 602 mg</b>	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll  <b>Calories 552 Sodium 472 mg</b>	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll  <b>Calories 680 Sodium 567 mg</b>
30	31			
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll  <b>Calories 566 Sodium 446 mg</b>	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll  <b>Calories 661 Sodium 415 mg</b>			

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.