

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Calories 764 Sodium 875	583 Potato Pollock, lemon wedge 32 Roasted Sweet Potatoes 4 Broccoli & Cauliflower 65 Multigrain Bread 4 Oatmeal Raisin Cookie Calories 751 Sodium 784	337 Chicken Meatballs 53 Tomato Basil Wine Sauce 14 Penne Pasta 150 Italian Vegetable Blend 75 Wheat Dinner Roll Fresh Fruit Calories 688 Sodium 656	210 Beef Pot Roast w/Gravy 87 Mashed Potatoes 4 Carrots 19 Wheat Dinner Roll 180 Gelatin w topping 0 Calories 602 Sodium 697	131 Broccoli egg bake 121 Home Fries 77 Pepper, mushroom, onions 180 Wheat Bread 33 Applesauce Calories 644 Sodium 683
9	10	11	12	13
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Calories 587 Sodium 843	592 Chicken Scallopini 17 Buttered Noodles 65 Green Beans 14 Wheat Bread Fresh Fruit Calories 713 Sodium 548	289 Chicken & Rice Bake 35 Zucchini & Cauliflower 3 Garlic Knot Roll 65 Mandarin Oranges 0 Calories 614 Sodium 671	369 American Chop Suey 6 Broccoli 134 Oat Bread 7 Gelatin w/Topping Calories 658 Sodium 472	157 Chicken Meatballs 32 Beef Gravy- with Ziti Pasta 115 Riveria Blend 33 Multi grain bread Peaches Calories 648 Sodium 545
16	17	18	19	20
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Calories 732 Sodium 727	273 Beef Chili 58 Brown Rice 6 Zucchini & Cauliflower 85 Wheat Dinner Roll 150 Pears Calories 623 Sodium 677	327 Chicken Diane 5 Seasoned orzo 6 California Blend 180 Oat Bread 5 Lorna doones Calories 760 Sodium 734	302 Roasted Turkey w/ Gravy 32 Mashed Potatoes 30 Root Vegetables 115 Wheat Bread 100 Fresh Fruit Calories 680 Sodium 964	616 Pollock "catch of the day" 121 Newburg Sauce 34 Herbed Brown Rice 65 Roman Blend 0 Wheat Bread Applesauce Calories 636 Sodium 757
23	24	25	26	27
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms & Onions Orange Wheat Bread Calories 636 Sodium 767	210 Shepherd's Pie 217 Jardiniere Vegetables 39 Wheat Bread 79 Tropical Fruit 0 65 Calories 770 Sodium 459	208 Pork with Apples 32 Roasted Sweet Potatoes 65 Green Beans 3 Wheat Bread Gelatin w/topping Calories 746 Sodium 447	131 Chicken w/Saute Vegetables 53 Jasmine Coconut Rice 3 Multigrain Bread 65 Pineapple 33 Calories 660 Sodium 659	336 Lasagna w/ Cheese & Sauce 9 Tuscany Blend 150 Garlic Dinner Roll 8 Peaches Calories 624 Sodium 930
30	31			
Chicken w/ Bruschetta sauce Cavatappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 608 Sodium 682	315 Potato Pollock w/lemon wedge 4 Whipped Sweet Potatoes 14 Peas & Mushrooms 150 Wheat Bread 14 Lorna Doones Calories 941 Sodium 851	337 28 136 65 100		

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.