

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Calories 734 Sodium 845	583 Potato Pollock, lemon wedge 32 Roasted Sweet Potatoes 4 Broccoli & Cauliflower 65 Multigrain Bread 5 Oatmeal Raisin Cookie Calories 751 Sodium 784	303 Chicken Meatballs 53 Tomato Basil Wine Sauce 14 Penne Pasta 150 Italian Vegetable Blend 75 Whole Wheat Dinner Roll Fresh Orange Calories 688 Sodium 656	210 Beef Pot Roast w/ Gravy 87 Mashed Potatoes 4 Carrots 19 Whole Wheat Dinner Roll 180 Chocolate Pudding w/Topping 0 Calories 780 Sodium 914	131 Lentil Spinach soup 121 Broccoli Egg Bake 41 Home Fries 180 Stewed Tomatoes 190 Rye Bread Applesauce Calories 679 Sodium 1079
9	10	11	12 St. Patrick's Day Special	13
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 604 Sodium 1077	592 Italian Garden Veg Soup 17 Chicken Scallopini 180 Buttered Noodles 132 Green Beans Wheat Bread Fresh Fruit Calories 799 Sodium 691	142 Chicken & Rice Bake 289 Spinach 35 Garlic Knot Roll 3 Mandarin Oranges 65 0 Calories 634 Sodium 809	369 Corned beef Stew (Red corned beef, cabbage, turnip, carrots, onions) 145 Boiled parsley potatoes 134 Wheat Bread 7 Boston cream cup High Sodium Meal Calories 832 Sodium 1448	891 Macaroni & Cheese Riviera Blend Veg 27 Multigrain Bread 65 Peaches 309 Calories 822 Sodium 1016
16	17	18	19	20
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Pudding w/Topping Calories 837 Sodium 1048	484 Beef Chili 58 Brown Rice 6 Zucchini & Cauliflower 150 Whole Wheat Dinner Roll 195 Pears Calories 623 Sodium 677	327 Chicken Diane 5 Seasoned orzo 6 California Blend Vegetables 180 Oat Bread 5 Cupcake Calories 829 Sodium 804	302 Cr Butternut Sq Soup 32 Roasted Turkey w/ Gravy 30 Mashed Potatoes 115 Root Vegetables 170 Wheat Bread Fresh Fruit Calories 754 Sodium 1151	103 Pollock "catch of the day" 616 Newburg Sauce 121 Herbed Brown Rice 34 Roman Blend Vegetables 65 Wheat Bread 0 Applesauce Calories 636 Sodium 757
23	24	25	26	27
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Stewed Tomatoes Wheat Bread Orange Calories 661 Sodium 937	210 Beef Shepherd's Pie 217 Jardiniere Style Veg 39 Whole Wheat Dinner Roll 251 Pudding w/topping 65 0 Calories 816 Sodium 769	208 Pork w/ Apples 32 Roasted sweet potatoes 180 Green Beans 195 Whole Wheat Roll Chocolate Pudding w/Topping Calories 833 Sodium 697	131 Chicken w/ Saute Vegetables 53 Jasmine Coconut Rice 3 Multigrain Bread 180 Pineapple 190 Calories 660 Sodium 659	336 Lentil Spinach Soup 9 Lasagna Roll w/ Sauce 150 Tuscany Blend 9 Garlic Dinner Roll Peaches Calories 684 Sodium 1159
30	31			
Chicken Cacciatore Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 597 Sodium 981	644 Potato Pollock w/lemon wedge 4 Whipped Sweet Potatoes 14 Peas & Mushrooms 150 Rye Bread 14 Fig Bar Calories 853 Sodium 954	337 28 136 150 149		

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.