



Mystic Valley Elder Services October 2024

City Fresh - Low Lactose HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of lactaid milk served with meal daily	1 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Margarine	2 Turkey Meatloaf w/ Gravy Mashed Potatoes (dairy free) Carrots Fruit Wheat Roll Margarine	3 Braised Beef Mashed Potatoes (dairy free) California Blend Vegetables Fruit Wheat Roll Margarine	4 Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Margarine
	Cal:675 CHO:65g Na:594mg	Cal:612 CHO:72g Na:758mg	Cal:627 CHO:68g Na:571mg	Cal:638 CHO:88g Na:406mg
7 Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Margarine	8 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Margarine	9 Roast Turkey w/ Gravy Mashed Potatoes (dairy free) Tuscan Vegetable Blend Fruit Wheat Roll Margarine	10 Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Margarine	11 Beef Stroganoff Gravy White Rice Carrots Fruit Wheat Roll Margarine
Cal:590 CHO:75g Na:731mg	Cal:695 CHO:73g Na:619mg	Cal:585 CHO:75g Na:893mg	Cal:500 CHO:86g Na:586mg	Cal:636 CHO:68g Na:750mg
14 Holiday - No Meals	15 Lemon Herb White Fish Mashed Potatoes (dairy free) Vegetable Medley Fruit Wheat Roll Margarine	16 Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Margarine	17 Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Margarine	18 Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Roll Margarine
	Cal:620 CHO:85g Na:722mg	Cal:745 CHO:84g Na:435mg	Cal:638 CHO:71g Na:671mg	Cal:505 CHO:65g Na:503mg
21 Scrambled Egg Patty Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Margarine	22 Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Wheat Roll Margarine	23 Lemon Garlic White Fish Whole Grain Pasta Broccoli Fruit Wheat Roll Margarine	24 Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Margarine	25 Rosemary & Garlic Chicken Mashed Potatoes (dairy free) Mixed Vegetables Fruit Wheat Roll Margarine
Cal:560 CHO:76g Na:694mg	Cal:692 CHO:68g Na:496mg	Cal:547 CHO:68g Na:404mg	Cal:634 CHO:86g Na:563mg	Cal:665 CHO:85g Na:550mg
28 American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Margarine	29 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Margarine	30 Turkey Meatloaf w/ Gravy Mashed Potatoes (dairy free) Carrots Fruit Wheat Roll Margarine	31 Braised Beef Mashed Potatoes (dairy free) California Blend Vegetables Fruit Wheat Roll Margarine	Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303
Cal:655 CHO:80g Na:586mg	Cal:675 CHO:65g Na:594mg	Cal:612 CHO:72g Na:758mg	Cal:627 CHO:68g Na:571mg	