



# Mystic Valley Elder Services

## October 2024

# City Fresh - Renal HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 4oz of whole milk served with meal daily	<b>1</b> Lemon Pepper Chicken Orzo Corn Wheat Bread Cookie (Oatmeal/Sugar only) Margarine Cal:645 CHO:68g Na:766mg	<b>2</b> Turkey Meatloaf w/ Gravy Couscous Carrots Wheat Bread Fruit Margarine Cal:583 CHO:60g Na:585mg	<b>3</b> Salmon Florentine White Rice California Blend Vegetables Wheat Bread Fruit Margarine Cal:608 CHO:66g Na:485mg	<b>4</b> Shaved Steak w/ Gravy White Rice Brussel Sprouts Wheat Bread Fruit Margarine Cal:643 CHO:61g Na:438mg
	<b>7</b> Shrimp Scampi Pasta Green Peas Wheat Bread Fruit Margarine Cal:574 CHO:69g Na:667mg	<b>8</b> Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine Cal:705 CHO:75g Na:662mg	<b>9</b> Roast Turkey w/ Gravy Couscous Tuscan Blend Vegetables Wheat Bread Fruit Margarine Cal:595 CHO:60g Na:746mg	<b>10</b> Chicken Marsala Pasta Broccoli Wheat Bread Fruit Margarine Cal:580 CHO:64g Na:489mg
<b>14</b> Holiday - No Meals	<b>15</b> Lemon Herb White Fish Rice Pilaf Vegetable Medley (no kale) Cookie (Oatmeal/Sugar only) Wheat Bread Margarine Cal:620 CHO:73g Na:707mg	<b>16</b> Baked Chicken w/ Gravy Couscous Broccoli Fruit Wheat Bread Margarine Cal:648 CHO:70g Na:434mg	<b>17</b> Curry Beef Stir Fry White Rice Brussel Sprouts Fruit Wheat Bread Margarine Cal:682 CHO:66g Na:539mg	<b>18</b> Turkey Tetrazzine Egg Noodles Carrots Fruit Wheat Bread Margarine Cal:678 CHO:66g Na:642mg
<b>21</b> Egg Omelet w/ Cheese Rice Pilaf Mixed Vegetables Fruit Wheat Bread Margarine Cal:630 CHO:77g Na:807mg	<b>22</b> Ground Beef Stuffed Pepper White Rice California Blend Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine Cal:652 CHO:66g Na:534mg	<b>23</b> Lemon Ricotta White Fish Pasta Broccoli Fruit Wheat Bread Margarine Cal:585 CHO:62g Na:392mg	<b>24</b> Pot Roast w/ Gravy White Rice Vegetable Medley Fruit Wheat Bread Margarine Cal:577 CHO:66g Na:431mg	<b>25</b> Rosemary & Garlic Chicken Spaghetti Mixed Vegetables Fruit Wheat Bread Margarine Cals:575 CHO:64g Na:375mg
<b>28</b> Mediterranean Chicken Pasta (no tomatoes) Broccoli Fruit Wheat Bread Margarine Cal:565 CHO:56g Na:360mg	<b>29</b> Lemon Pepper Chicken Orzo Corn Wheat Bread Cookie (Oatmeal/Sugar only) Margarine Cal:645 CHO:68g Na:766mg	<b>30</b> Turkey Meatloaf w/ Gravy Couscous Carrots Wheat Bread Fruit Margarine Cal:583 CHO:60g Na:585mg	<b>31</b> Salmon Florentine White Rice California Blend Vegetables Wheat Bread Fruit Margarine Cal:608 CHO:66g Na:485mg	<b>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</b>