



MYSTIC VALLEY ELDER SERVICES

September 2024

City Fresh-Cardiac Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Low Fat Milk Margarine	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Wheat Roll Low Fat Milk Margarine	Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Wheat Roll Low Fat Milk Margarine	Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Low Fat Milk Margarine
	Cal:748 CHO:82g Na:594mg	Cal:612 CHO:71g Na:758mg	Cal:590 CHO:80g Na:848mg	Cal:651 CHO:96g Na:406mg
9	10	11	12	13
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Low Fat Milk Margarine	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine	Roast Turkey w/ Gravy Mashed Potatoes Tuscan Vegetable Blend Fruit Wheat Roll Low Fat Milk Margarine	Lentil Bolognese & Parmesan Garnish Whole Grain Pasta Broccoli Fruit Wheat Roll Low Fat Milk Margarine	Beef Stroganoff White Rice Carrots Fruit Wheat Roll Low Fat Milk Margarine
Cal:590 CHO:75g Na:731mg	Cal:695 CHO:73g Na:619mg	Cal:585 CHO:75g Na:893mg	Cal:550 CHO:80g Na:756mg	Cal:686 CHO:82g Na:530mg
16	17	18	19	20
Chicken Thighs w/ Apple Chutney Sweet Potatoes Broccoli Fruit Wheat Roll Low Fat Milk Margarine	Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Wheat Roll Low Fat Milk Margarine	Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Low Fat Milk Margarine	Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Low Fat Milk Margarine	Turkey Bolognese w/ Parm Garnish Whole Grain Pasta Carrots Fruit Wheat Roll Low Fat Milk Margarine
Cal:601 CHO:83g Na:398mg	Cal:625 CHO:85g Na:722mg	Cal:705 CHO:75g Na:435mg	Cal:638 CHO:71g Na:671mg	Cal:585 CHO:80g Na:620mg
23	24	25	26	27
Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine	Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Wheat Roll Low Fat Milk Margarine	Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Wheat Roll Low Fat Milk Margarine	Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Low Fat Milk Margarine	Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine
Cal:600 CHO:79g Na:935mg	Cal:700 CHO:68g Na:496mg	Cal:640 CHO:78g Na:753mg	Cal:634 CHO:86g Na:563mg	Cal:677 CHO:80g Na:580mg
30	Menu subject to change.		Totals Include 125mg Na+ for 8oz of milk served daily. () indicates sodium in milligrams V indicated Vegetarian item	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
American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Low Fat Milk/Margarine	290			Each meal contains milk. Sodium and calories already included in daily totals
Cal:610 CHO:72g Na:586mg	586			