



MYSTIC VALLEY ELDER SERVICES

September 2024

City Fresh-Low Lactose HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meal	3	Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Lactaid Milk	4	Turkey Meatloaf w/ Gravy Mashed Potatoes (dairy free) Carrots Fruit Wheat Roll Lactaid Milk	5	Braised Beef Mashed Potatoes (dairy free) California Blend Vegetables Fruit Wheat Roll Lactaid Milk	6	Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Lactaid Milk
			Cal:675 CHO:65g Na:594mg		Cal:612 CHO:72g Na:758mg		Cal:627 CHO:68g Na:571mg		Cal:638 CHO:88g Na:406mg
9	Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Lactaid Milk	10	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Lactaid Milk	11	Roast Turkey w/ Gravy Mashed Potatoes (dairy free) Tuscan Vegetable Blend Fruit Wheat Roll Lactaid Milk	12	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk	13	Beef Stroganoff Gravy White Rice Carrots Fruit Wheat Roll Lactaid Milk
	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
16	Chicken Thighs w/ Apple Chutney Sweet Potatoes Broccoli Fruit Wheat Roll Lactaid Milk	17	Lemon Herb White Fish Mashed Potatoes (dairy free) Vegetable Medley Fruit Wheat Roll Lactaid Milk	18	Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Lactaid Milk	19	Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Lactaid Milk	20	Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Roll Lactaid Milk
	Cal:601 CHO:83g Na:613mg		Cal:620 CHO:85g Na:722mg		Cal:745 CHO:84g Na:435mg		Cal:638 CHO:71g Na:671mg		Cal:505 CHO:65g Na:503mg
23	Scrambled Egg Patty Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Lactaid Milk	24	Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Wheat Roll Lactaid Milk	25	Lemon Garlic White Fish w/ Lemon Wedge Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk	26	Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Lactaid Milk	27	Rosemary & Garlic Chicken Mashed Potatoes (dairy free) Mixed Vegetables Fruit Wheat Roll Lactaid Milk
	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
30	American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk		Menu subject to Change.		8oz carton of milk served daily. () indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item Each meal contains milk. Sodium and calories already included in daily totals		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		Margarine will be served with all meals. Sodium included in totals
	Cal:655 CHO:80g Na:586mg								

