



Mystic Valley Elder Services October 2024

City Fresh - Asian - Vietnamese HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of milk served with meal daily	1 Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Snack Loaf Margarine Cal:914 CHO:105g Na:1067mg	2 Mongolian Beef White Rice Cabbage Fruit Margarine Cal:735 CHO:90g Na:869mg	3 Green Curry White Fish White Rice Cabbage Pound Cake Margarine Cal:825 CHO:100g Na:1093mg	4 Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit Margarine Cal:751 CHO:90g Na:599mg
	7 Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fig Newton Margarine Cal:812 CHO:105g Na:1044mg	8 Sweet & Sour Pork White Rice Water Spinach Fruit Margarine Cal:750 CHO:88g Na:549mg	9 Chicken Teriyaki White Rice Broccoli Fruit Margarine Cal:770 CHO:85g Na:812mg	10 High Sodium Meal Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Oatmeal Cookie Margarine Cal:918 CHO:102g Na:1256mg
14 Holiday - No Meal	15 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit, Margarine Cal:827 CHO:83g Na:696mg	16 Vietnamese Pork Curry White Rice Water Spinach Mini Apple Bites Margarine Cal:915 CHO:98g Na:574mg	17 Beef Teriyaki White Rice Cabbage Fruit Margarine Cal:794 CHO:113g Na:719mg	18 Turmeric & Ginger Fish White Rice Cabbage Fruit Margarine Cal:702 CHO:80g Na:527mg
21 Pork Fried Rice White Rice Bok Choy Fruit Margarine Cal:806 CHO:90g Na:587mg	22 Teriyaki Salmon White Rice Water Spinach Fruit Margarine Cal:789 CHO:109g Na:720mg	23 Sweet & Sour Chicken White Rice Broccoli Fruit Snack Loaf Margarine Cal:823 CHO:103g Na:917mg	24 Pork Lo Mein Noodles Water Spinach Fruit Margarine Cal:680 CHO:82g Na:631mg	25 Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Margarine Cal:803 CHO:111g Na:713mg
28 Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Bok Choy Fruit Margarine Cal:790 CHO:95g Na:975mg	29 Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Snack Loaf Margarine Cal:914 CHO:105g Na:1067mg	30 Mongolian Beef White Rice Cabbage Fruit Margarine Cal:735 CHO:90g Na:869mg	31 Green Curry White Fish White Rice Cabbage Fruit Margarine Cal:702 CHO:85g Na:853mg	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