



Mystic Valley Elder Services November 2024

City Fresh Chilled Lunch Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel your meal, please call Mystic Valley Nutrition Department at least one day in advance before 11:30 AM. 781-388-2303</p>	<p>Menu Subject to change. Totals Include 105mg Na+ for 8oz of milk served daily</p>			1
				<p>Shepherd's Pie (Beef) w/ Mashed Potatoes, Carrot & Peas Corn Cornbread Loaf Fruit Margarine</p> <p>Cal:896 CHO:105g Na:766mg</p>
4	5	6	7	8
<p>Chicken Fajita Bowl Mexican Rice Black Beans, Corn & Peppers Wheat Bread Fruit Margarine</p> <p>Cal:764 CHO:103g Na:612mg</p>	<p>Beef Stew w/ Cornbread Loaf Brussel Sprouts Chocolate Pudding Margarine</p> <p>Cal:809 CHO:82g Na:801mg</p>	<p>Salmon Florentine White Rice Green Beans w/ Red Peppers Wheat Bread Fruit Margarine</p> <p>Cal:806 CHO:98g Na:432mg</p>	<p>Rosemary Garlic Chicken Mashed Potatoes Mixed Root Vegetables Hawaiian Roll Oatmeal Cookie Margarine</p> <p>Cal:878 CHO:90g Na:652mg</p>	<p>Cheese Toreliini w/ Sage Cream Sauce Carrots Wheat Roll Fruit Margarine</p> <p>Cal:682 CHO:73g Na:716mg</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Pot Roast w/ Brown Gravy Mashed Sweet Potatoes California Blend Vegetables Wheat Bread Fruit Margarine</p> <p>Cal:676 CHO:97g Na:954mg</p>	<p>Caprese Chicken Orzo Green Beans w/ Red Peppers Wheat Roll Vanilla Pudding Margarine</p> <p>Cal:814 CHO:96g Na:727mg</p>	<p>American Chop Suey (Beef) Whole Grain Pasta Carrots Garlic Bread Cinnamon Apples Margarine</p> <p>Cal:728 CHO:73g Na:705mg</p>	<p>Honey Garlic Shrimp White Rice Corn w/ Peppers Wheat Bread Chocolate Chip Cookie Margarine</p> <p>Cal:790 CHO:120g Na:771mg</p>
18	19	20	21	22
<p>Pork Chop with Apple Chutney Butternut Squash Broccoli Dinner Roll Chocolate Pudding Margarine</p> <p>Cal:832 CHO:99g Na:632mg</p>	<p>Whole Grain Cheese Lasagna w/ Beef Bolognese Carrots Garlic Bread Fruit Margarine</p> <p>Cal:840 CHO:94g Na:1006mg</p>	<p>Tuscan Chicken Mashed Potatoes Vegetable Medley Wheat Bread Fruit Margarine</p> <p>Cal:966 CHO:107g Na:614mg</p>	<p><u>Harvest Meal</u> Roast Turkey w/ Gravy Cranberry Herb Stuffing Green Beans Wheat Bread Chocolate Chip Cookie Margarine</p> <p>Cal:723 CHO:85g Na:1190mg</p>	<p>Herb Crusted Fish w/ Lemon Wedge Orzo Spinach & Peppers Wheat Bread Peach Cup Margarine Tartar Sauce</p> <p>Cal:785 CHO:105g Na:809mg</p>
25	26	27	28	29
<p>Broccoli Cheddar Stuffed Chicken Mashed Potatoes Mixed Root Vegetables Hawaiian Roll Fruit Margarine</p> <p>Cal:684 CHO:87g Na:816mg</p>	<p>Salisbury Steak White Rice Brussel Sprouts Wheat Bread Vanilla Pudding Margarine</p> <p>Cal:771 CHO:94g Na:1031mg</p>	<p>Chicken Alfredo Whole Grain Pasta Broccoli Hawaiian Roll Fruit Margarine</p> <p>Cal:665 CHO:75g Na:858mg</p>	<p>Thanksgiving Holiday No meals</p>	<p>White Bean & Chicken Chili w/ Shredded Cheese Green Peas Whole Grain Cornbread Fruit Margarine</p> <p>Cal:833 CHO:111g Na:752mg</p>