



Mystic Valley Elder Services November 2024

City Fresh Renal HDM Menu

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. Total nutrition includes 4 oz whole milk.</p>			1
				<p>Shaved Steak w/ Gravy White Rice Brussel Sprouts Wheat Bread Fruit Margarine</p> <p>Cal:643 CHO:61g Na:438mg</p>
4	5	6	7	8
<p>Shrimp Scampi Pasta Green Peas Wheat Bread Fruit Margarine</p> <p>Cal:574 CHO:69g Na:667mg</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine</p> <p>Cal:705 CHO:75g Na:662mg</p>	<p>Roast Turkey w/ Gravy Couscous Tuscan Blend Vegetables Wheat Bread Fruit Margarine</p> <p>Cal:595 CHO:60g Na:746mg</p>	<p>Chicken Marsala Pasta Broccoli Wheat Bread Fruit Margarine</p> <p>Cal:580 CHO:64g Na:489mg</p>	<p>Beef Stroganoff Egg Noodles Carrots Fruit Wheat Bread Margarine</p> <p>Cal:588 CHO:63g Na:448mg</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Lemon Herb White Fish Rice Pilaf Vegetable Medley (no kale) Cookie (Oatmeal/Sugar only) Wheat Bread Margarine</p> <p>Cal:620 CHO:73g Na:707mg</p>	<p>Baked Chicken w/ Gravy Couscous Broccoli Fruit Wheat Bread Margarine</p> <p>Cal:648 CHO:70g Na:434mg</p>	<p>Curry Beef Stir Fry White Rice Brussel Sprouts Fruit Wheat Bread Margarine</p> <p>Cal:682 CHO:66g Na:539mg</p>	<p>Turkey Tetrazzine Egg Noodles Carrots Fruit Wheat Bread Margarine</p> <p>Cal:678 CHO:66g Na:642mg</p>
18	19	20	21	22
<p>Egg Omelet w/ Cheese Rice Pilaf Mixed Vegetables Fruit Wheat Bread Margarine</p> <p>Cal:630 CHO:77g Na:807mg</p>	<p>Ground Beef Stuffed Pepper White Rice California Blend Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine</p> <p>Cal:652 CHO:66g Na:534mg</p>	<p>Lemon Ricotta White Fish Pasta Broccoli Fruit Wheat Bread Margarine</p> <p>Cal:585 CHO:62g Na:392mg</p>	<p>Pot Roast w/ Gravy White Rice Vegetable Medley Fruit Wheat Bread Margarine</p> <p>Cal:577 CHO:66g Na:431mg</p>	<p>Rosemary & Garlic Chicken Spaghetti Mixed Vegetables Fruit Wheat Bread Margarine</p> <p>Cals:575 CHO:64g Na:375mg</p>
25	26	27	28	29
<p>Mediterranean Chicken Pasta (no tomatoes) Pasta Broccoli Fruit Wheat Bread Margarine</p> <p>Cal:565 CHO:56g Na:360mg</p>	<p>Lemon Pepper Chicken Orzo Corn Wheat Bread Cookie (Oatmeal/Sugar only) Margarine</p> <p>Cal:645 CHO:68g Na:766mg</p>	<p>Turkey Meatloaf w/ Gravy Couscous Carrots Wheat Bread Fruit Margarine</p> <p>Cal:583 CHO:60g Na:585mg</p>	<p>Holiday - No Meals</p>	<p>Shaved Steak w/ Gravy White Rice Brussel Sprouts Wheat Bread Fruit Margarine</p> <p>Cal:643 CHO:61g Na:438mg</p>