



Mystic Valley Elder Services November 2024

City Fresh Vegetarian 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</p>			<p>1</p> <p>Vegetarian Shepherd's Pie w/ Mashed Potatoes, Carrot & Peas Buttermilk Biscuit Fruit Margarine</p>
	<p>Totals Include 105mg Na+ for 8oz of milk served daily</p>			<p>Cal:751 CHO:99g Na:1155mg</p>
<p>4</p> <p>Tofu Fajita Bowl Mexican Rice Black Beans, Corn & Peppers Wheat Bread Fruit Margarine</p>	<p>5</p> <p>Lenti Stew w/ Cornbread Loaf Brussel Sprouts Chocolate Pudding Margarine</p>	<p>6</p> <p>Cheese Pizza w/ Peppers, Onions & Mushrooms Green Beans w/ Red Peppers Wheat Bread Fruit Margarine</p>	<p>7</p> <p>Rosemary Garlic White Beans Mashed Potatoes Mixed Root Vegetables Hawaiian Roll Fruit Margarine</p>	<p>8</p> <p>Cheese Toreliini w/ Sage Cream Sauce Carrots Wheat Roll Cinnamon Crumb Cake Margarine</p>
<p>Cal:800 CHO:110g Na:593mg</p>	<p>Cal:708 CHO:104g Na:703mg</p>	<p>Cal:712 CHO:98g Na:632mg</p>	<p>Cal:868 CHO:125g Na:817mg</p>	<p>Cal:934 CHO:116g Na:886mg</p>
<p>11</p> <p>Holiday - No Meals</p>	<p>12</p> <p>Braised Beans & Gravy Mashed Sweet Potatoes California Blend Vegetables Wheat Bread Fruit Margarine</p>	<p>13</p> <p>Caprese Chik'n Patty Orzo Green Beans w/ Red Peppers Wheat Roll Vanilla Pudding Margarine</p>	<p>14</p> <p>Vegetarian Chop Suey w/ Parm Garnish Whole Grain Pasta Carrots Garlic Bread Cinnamon Apples Margarine</p>	<p>15</p> <p>Honey Garlic Tofu White Rice Corn w/ Peppers Wheat Bread Chocolate Chip Cookie Margarine</p>
	<p>Cal:651 CHO:110g Na:937mg</p>	<p>Cal:877 CHO:108g Na:994mg</p>	<p>Cal:650 CHO:82g Na:1076mg</p>	<p>Cal:848 CHO:125g Na:439mg</p>
<p>18</p> <p>Chik'n w/ Apple Chutney Butternut Squash Broccoli Dinner Roll Fruit Margarine</p>	<p>19</p> <p>Tuscan Tofu Mashed Potatoes Vegetable Medley Wheat Bread Chocolate Pudding Margarine</p>	<p>20</p> <p>3 Bean Chili w/ Shredded Cheese Garnish Carrots Cornbread Loaf Fruit Margarine</p>	<p>21</p> <p>Harvest Meal Roast Tofu w/ Gravy Cranberry Herb Stuffing Green Beans Wheat Bread Pound Cake Margarine</p>	<p>22</p> <p>Veggie Fritters Orzo Spinach & Peppers Wheat Bread Fruit Margarine</p>
<p>Cal:705 CHO:100g Na:779mg</p>	<p>Cal:839 CHO:105g Na:694mg</p>	<p>Cal:697 CHO:106g Na:926mg</p>	<p>Cal:726 CHO:98g Na:1190mg</p>	<p>Cal:665 CHO:105g Na:599mg</p>
<p>25</p> <p>Vegan Chik'n Patty Mashed Potatoes Mixed Root Vegetables Hawaiian Roll Fruit Margarine</p>	<p>26</p> <p>Veggie Sausage w/ Gravy White Rice Brussel Sprouts Wheat Bread Vanilla Pudding Margarine</p>	<p>27</p> <p>Mac & Cheese (Entrée) Broccoli Hawaiian Roll Fruit Margarine</p>	<p>28</p> <p>Holiday No Meals</p>	<p>29</p> <p>White Bean Chili w/ Shredded Cheese Green Peas Whole Grain Cornbread Fruit Margarine</p>
<p>Cal:673 CHO:89g Na:764mg</p>	<p>Cal:751 CHO:97g Na:932mg</p>	<p>Cal:913 CHO:92g Na:1044mg</p>	<p>Cal:824 CHO:120g Na:900mg</p>	<p>Cal:811 CHO:127g Na:971mg</p>