

January 2025

Mystic Valley Elder Services

City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. Totals Include 105 mg sodium for 1% milk and 30 mg sodium for Margarine. Individual sodium amount in ()</p>	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p> 	<p>New Years Day</p>	<p>Lentil Bolognese with Parmesan (318) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 573 Sodium 627</p>	<p>Beef Stew (329) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150) Calories 671 Sodium 736</p>
6	7	8	9	10
<p>Harvest Roasted Chicken (121) Mashed Butternut Squash (3) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 560 Sodium 426</p>	<p>Salmon w/ Lemon Wedge (56) Mashed Potatoes (124) Garlic Kale (31) Fruit (0) Wheat Roll (150) Calories 678 Sodium 496</p>	<p>Pork w/Mushroom Cream Sauce (344) Whole Grain Pasta (4) Green Beans (3) Fruit (0) Wheat Roll (150) Calories 717 Sodium 636</p>	<p>Chicken Tacos (243) Brown Rice (20) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135) Calories 715 Sodium 594</p>	<p>Turkey Bolognese w/ Parmesan (333) Whole Grain Pasta (4) Carrots (39) Fruit (0) Wheat Bread (65) Calories 650 Sodium 576</p>
13	14	15	16	17
<p>Egg Omelet (240) Polenta (4) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 507 Sodium 562</p>	<p>White Fish w/ Pineapple & Mango Salsa (105) Brown Rice & Beans (81) Carrots (39) Fruit (0) & Wheat Roll (150) Calories 661 Sodium 510</p>	<p>Lemon Ricotta Chicken (180) Baked Sweet Potato (21) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 648 Sodium 496</p>	<p>American Chop Suey (Turkey) (270) Whole Grain Pasta (4) Green Beans w/ Red Peppers (2) Fruit (0) Wheat Bread (65) Calories 719 Sodium 476</p>	<p>Rosemary & Garlic Chicken (143) Mashed Potatoes (124) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 780 Sodium 572</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day</p>	<p>Braised Beef w/ Peppers & Onions(155) Quinoa (3) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 631 Sodium 463</p>	<p>Pork w/ Cranberry Apple Chutney(85) Mashed Potatoes (124) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150) Calories 707 Sodium 559</p>	<p>Stewed Tomato White Fish (264) Couscous (4) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 638 Sodium 563</p>	<p>White Bean & Chicken Chili (321) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 520 Sodium 719</p>
27	28	29	30	31
<p>Shrimp Scampi (450) Whole Grain Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 645 Sodium 759</p>	<p>Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 782 Sodium 573</p>	<p>Roast Turkey w/ Gravy (400) Mashed Potatoes (124) Carrots (39) Fruit (0) Hawaiian Roll (80) Calories 626 Sodium 778</p>	<p>Lentil Bolognese with Parmesan (318) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 573 Sodium 627</p>	<p>Beef Stew (329) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150) Calories 671 Sodium 736</p>