

January 2025

Mystic Valley Elder Services

City Fresh Renal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include for 4 oz Whole Milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 	New Years Day Holiday – No Meals	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 597 Sodium 466	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Calories 780 Sodium 541
6	7	8	9	10
Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Calories 612 Sodium 289	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only) Calories 703 Sodium 693	Pork Marsala Egg Noodles Green Beans Wheat Bread Fresh Apple Calories 648 Sodium 325	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce Calories 712 Sodium 506	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Calories 640 Sodium 278
13	14	15	16	17
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Calories 580 Sodium 491	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 608 Sodium 383	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Calories 680 Sodium 631	Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce Calories 580 Sodium 229	Rosemary & Garlic Chicken Rice Pilaf Broccoli Wheat Bread Fruit Cup (Peach/Pear) Calories 869 Sodium 363
20	21	22	23	24
Martin Luther King Jr. Day Holiday – No Meals	Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Calories 697 Sodium 483	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Calories 865 Sodium 502	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce Calories 608 Sodium 580	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Calories 668 Sodium 354
27	28	29	30	31
Shrimp Scampi Pasta Green Peas Wheat Bread Applesauce Calories 668 Sodium 621	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Calories 750 Sodium 623	Roast Turkey w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Calories 660 Sodium 611	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Calories 597 Sodium 466	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Calories 780 Sodium 541