

January 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 High Sodium Meal
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)	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	Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes (167) Wheat Hamburger Bun (80) Chickpea, Craisin & Apple Salad (199) Cole Slaw (107) Fruit (0) Calories 890 Sodium 658	Country Turkey-"Ham" & Swiss Sandwich(Pork Free Entrée) (550) Wheat Hamburger Bun (80) Potato Salad (252) Broccoli Salad (147) Pudding (130) Mustard (55) Calories 865 Sodium 1319
6	7	8	9	10
Chicken Salad (160) w/ Tomato & Lettuce (7) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Pea Salad (188) Fruit (0) Calories 975 Sodium 732	Turkey & Swiss Cheese (440) on Wheat Bread (130) Chickpea, Quinoa, Carrot Salad (110) Tomato-Cucumber Salad (131) Pudding (130) Mayonnaise (60) Calories 960 Sodium 1048	Mediterranean Falafel & Quinoa Salad (340) w/ Spinach, Tomatoes, & Cucumbers Macaroni Salad (185) Mini Pitas (85) Cookie (150) Greek Dressing (130) Calories 995 Sodium 995	Roast Beef & Swiss Cheese Sandwich w/ Lettuce (287) Wheat Bread (130) Broccoli Salad (147) Sweet Potato & Craisin Salad (35) Fruit (0) Mayo (60) Calories 1030 Sodium 764	Egg Salad Sandwich (252) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0) Calories 885 Sodium 756
13	14	15	16	17
Tortellini Pasta Salad (430) w/ Beans, Spinach, Sundried Tomato Brussel Sprout Salad (16) Dinner Roll (150) Pudding (130) Calories 781 Sodium 831	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (10) Beet Salad (90) Fruit (0) Mayo (60) Calories 745 Sodium 875	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Potato Salad (252) Cucumber Salad (2) Fruit (0) Calories 688 Sodium 964	Whole Grain Tuna Pasta Salad (463) w/ Green Peas Cornbread Loaf (180) Chickpea, Craisin & Apple Salad(199) Chocolate Chip Cookie (80) Calories 1029 Sodium 1027	Caprese Sandwich w/ Mozzarella, Tomato & Pesto (408) Sweet Potato & Craisin Salad (35) Broccoli Salad (147) Wheat Hamburger Bun (80) Fruit (0) Calories 860 Sodium 775
20	21	22	23	24
Martin Luther King Jr. Day Holiday – No Meals	Egg Salad Sandwich (252) w/ Tomato & Lettuce (7) Wheat Bun (80) Macaroni Salad (185) Cole Slaw (107) Pudding (130) Calories 1115 Sodium 866	Greek Pasta Salad (235) w/ Chicken, Olives & Feta Pea Salad (188) Wheat Roll (150) Pound Cake (240) Calories 870 Sodium 918	Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 795 Sodium 1041	Chicken Caesar Wrap (235) Whole Grain Tortilla (200) Corn & Red Pepper Salad (10) Fruit (0) Caesar Dressing Packet (290) Calories 795 Sodium 840
27	28	29	30	31 High Sodium Meal
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Beet Salad (92) Cornbread Load (180) Fruit (0) Calories 690 Sodium 788	Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes (167) Wheat Hamburger Bun (80) Chickpea, Craisin & Apple Salad (199) Cole Slaw (107) Fruit (0) Calories 942 Sodium 658	Roast Beef & Swiss Sandwich (287) Wheat Hamburger Bun (80) Cucumber Salad (2) Carrot Raisin Salad (124) Cinnamon Crumb Cake (190) Mustard (55) Calories 976 Sodium 843	Tuna Salad Sandwich (403) w/ Tomato & Lettuce (7) Wheat Bun (80) Macaroni Salad (185) Broccoli Salad (147) Fruit (0) Calories 1115 Sodium 927	Crispy Chicken Salad (407) over Romaine, Tomatoes, Cucumbers Italian Pasta Salad (195) Wheat Roll (150) Pudding (130) Honey Mustard Dressing (220) Calories 807 Sodium 1207