

February 2025

Mystic Valley Elder Services

City Fresh Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Totals Include 105 mg sodium for milk and 30 mg sodium for Margarine.</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>
3	4	5	6	7
<p>Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit</p> <p>Calories 477 Sodium 280 Carb 51</p>	<p>Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit</p> <p>Calories 600 Sodium 350 Carb 60</p>	<p>Pork with Mushroom Cream Sauce Whole Grain Pasta Green Beans Fruit</p> <p>Calories 637 Sodium 488 Carb 64</p>	<p>Chicken Tacos Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1)</p> <p>Calories 608 Sodium 578 Carb 61</p>	<p>Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit</p> <p>Calories 570 Sodium 517 Carb 56</p>
10	11	12	13	14
<p>Egg Omelet w/ cheddar cheese Rosemary Potatoes Mixed Vegetables Fruit</p> <p>Calories 490 Sodium 595 Carb 53</p>	<p>White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit</p> <p>Calories 581 Sodium 363 Carb 71</p>	<p>Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit</p> <p>Calories 568 Sodium 350 Carb 51</p>	<p>American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit</p> <p>Calories 590 Sodium 411 Carb 60</p>	<p>Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit</p> <p>Calories 700 Sodium 430 Carb 71</p>
17	18	19	20	21
<p>Presidents' Day Holiday- No Meals</p>	<p>Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit</p> <p>Calories 551 Sodium 315 Carb 63</p>	<p>Pork w/ Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit</p> <p>Calories 605 Sodium 377 Carb 67</p>	<p>Stewed Tomato White Fish Couscous Brussel Sprouts Fruit</p> <p>Calories 560 Sodium 356 Carb 60</p>	<p>White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit</p> <p>Calories 511 Sodium 575 Carb 62</p>
24	25	26	27	28
<p>Shrimp Scampi Whole Grain Pasta Green Peas Fruit</p> <p>Calories 565 Sodium 615 Carb 70</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit</p> <p>Calories 665 Sodium 426 Carb 70</p>	<p>Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit</p> <p>Calories 590 Sodium 700 Carb 60</p>	<p>Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit</p> <p>Calories 493 Sodium 480 Carb 74</p>	<p>Beef Stew Roasted Potatoes Vegetable Medley Fruit</p> <p>Calories 590 Sodium 593 Carb 65</p>