


March 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Stuffed Shells w/ Lentil Bolognese & Parmesan Mixed Vegetables Garlic Bread Pear Cup Calories 780 Sodium 883	Tofu Shawarma w/ White Sauce White Rice Stewed Tomatoes Mini Pita Bread Fruit Calories 735 Sodium 611	Whole Grain Cheese Ravioli w/ Lemon Ricotta Parmesan Sauce & Parsley Garnish Spinach & Peppers Wheat Roll Lemon White Chocolate Cookie Calories 757 Sodium 695	Vegetarian Stroganoff Mashed Potatoes Brussel Sprouts Wheat Bread Vanilla Pudding Calories 733 Sodium 888	White Bean Florentine Roasted Potatoes Broccoli Oatmeal Roll Banana Calories 661 Sodium 988
10	11	12	13	14
Veggie Fritters Rice Pilaf Mixed Root Vegetables Hawaiian Roll Mixed Fruit Calories 660 Sodium 665	Veggie Sausage Cacciatore Pasta Green Peas Wheat Bread Cinnamon Apples Calories 736 Sodium 737	Vegetarian Pot Pie w/ Whole Grain Biscuit Vegetable Medley Chocolate Pudding Calories 850 Sodium 1059	Tofu w/ Peppers & Onions White Rice Brussel Sprouts Hawaiian Roll Pear Calories 677 Sodium 342	Kale, Sweet Potato & White Bean Stew w/ Orzo Green Beans Cornbread Loaf Mandarin Fruit Cup Calories 670 Sodium 824
17	18 St. Patrick's Day Special Meal	19	20	21
3 Bean Chili w/ Shredded Cheese Mixed Vegetables Wheat Roll Shortbread Cookie Calories 695 Sodium 1001	Veggie Sausage & Cabbage Boiled Potatoes Carrots Oatmeal Roll Brownie Calories 930 Sodium 1052	Tuscan Tofu Orzo Broccoli Hawaiian Roll Pear Calories 729 Sodium 435	Veggie Sausage w/ Gravy Mashed Sweet Potatoes California Blend Vegetables Dinner Roll Fruit Calories 692 Sodium 861	Cajun Garbanzo Beans Whole Grain Pasta Corn w/ Peppers Wheat Bread Mixed Fruit Calories 723 Sodium 745
24	25	26	27	28
Veggie Fritters with Apple Chutney Mashed Butternut Squash Brussel Sprouts Hawaiian Roll Applesauce Calories 741 Sodium 593	Rosemary & Garlic White Beans Mashed Potatoes Mixed Vegetables Wheat Roll Pound Cake Calories 895 Sodium 1011	Teriyaki Tofu White Rice Garlic Spinach Dinner Roll Fruit Calories 790 Sodium 810	Veggie Burger & Cheese Baked Beans Carrots Wheat Hamburger Bun Orange Ketchup Calories 868 Sodium 996	Whole Grain Cheese Lasagna w/ Lentil Bolognese & Parm Cheese Broccoli Wheat Roll Chocolate Chip Cookie Calories 761 Sodium 1017
31				
Lentil Stew w/ Cornbread Green Beans & Red Peppers Cinnamon Apples Calories 722 Sodium 513			Menu Subject to change. Totals Include 110mg Na+ for 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