

May 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ 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>		<p>Beef Teriyaki White Rice Bok Choy Fruit</p> <p>Calories 794 Sodium 742</p>	<p>Pork Lo Mein Noodles Broccoli Fruit</p> <p>Calories 800 Sodium 601</p>
5	6	7	8	9
<p>Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit</p> <p>Calories 670 Sodium 807</p>	<p>Teriyaki Salmon White Rice Water Spinach Fruit</p> <p>Calories 789 Sodium 720</p>	<p>Sweet & Sour Chicken White Rice Broccoli Fruit</p> <p>Calories 768 Sodium 767</p>	<p>Chicken in Sundried Tomato & Caper Sauce Roasted Potatoes Broccoli Oatmeal Roll Fudge Filled Chocolate Cookie</p> <p>Calories 774 Sodium 941</p>	<p>Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit</p> <p>Calories 853 Sodium 863</p>
12	13	14	15	16
<p>Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit</p> <p>Calories 790 Sodium 931</p>	<p>Mongolian Beef White Rice Cabbage Fruit</p> <p>Calories 735 Sodium 899</p>	<p>Turmeric & Ginger Fish White Rice Water Spinach Shortbread Cookie</p> <p>Calories 702 Sodium 527</p>	<p>Pork Fried Rice White Rice Cabbage Fruit</p> <p>Calories 906 Sodium 804</p>	<p>Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fruit</p> <p>Calories 790 Sodium 864</p>
19	20	21	22	23
<p>Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit</p> <p>Calories 751 Sodium 599</p>	<p>Caramel Ginger Chicken White Rice Cabbage Fruit</p> <p>Calories 900 Sodium 899</p>	<p>Chicken Teriyaki White Rice Broccoli Fruit</p> <p>Calories 925 Sodium 812</p>	<p>Cheeseburger w/ Lettuce & Tomato Sweet Potato Wedges Zucchini & Peppers Wheat Hamburger Bun Pound Cake Ketchup</p> <p>Calories 940 Sodium 1085</p>	<p>Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Cabbage Fruit</p> <p>Calories 918 Sodium 1141</p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit</p> <p>Calories 740 Sodium 696</p>	<p>Vietnamese Pork Curry White Rice Water Spinach Chocolate Chip Cookie</p> <p>Calories 815 Sodium 514</p>	<p>Beef Teriyaki White Rice Bok Choy Fruit</p> <p>Calories 794 Sodium 742</p>	<p>Pork Lo Mein Noodles Broccoli Fig Newton</p> <p>Calories 850 Sodium 781</p>