

# May 2025

# Mystic Valley Elder Services

# City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu Subject to change. Totals Include 105 mg sodium for 1% milk and 30 mg sodium for Margarine. Individual sodium amount in ( )	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>		Chicken Tacos (243) Brown Rice (20) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135)  <b>Calories 715 Sodium 594</b>	Whole Grain Cheese Lasagna (390) w/ Florentine Sauce (55) Carrots (40) Fruit (0) Wheat Roll (150)  <b>Calories 575 Sodium 770</b>
5	6	7	8	9
Egg Omelet (240) Polenta (4) Mixed Vegetables (33) Fruit (0) Wheat Roll (150)  <b>Calories 507 Sodium 563</b>	White Fish w/ Pineapple & Mango Salsa (105) Brown Rice & Beans (81) Carrots (39) Fruit (0) & Wheat Roll (150)  <b>Calories 661 Sodium 510</b>	Lemon Ricotta Chicken (180) Baked Sweet Potato (21) Brussel Sprouts (10) Fruit (0) Wheat Roll (150)  <b>Calories 648 Sodium 496</b>	American Chop Suey (Turkey) (270) Whole Grain Pasta (4) Green Beans w/ Red Peppers (2) Fruit (0) Wheat Bread (65)  <b>Calories 719 Sodium 476</b>	Rosemary & Garlic Chicken (143) Mashed Potatoes (124) Broccoli (20) Fruit (0) Wheat Roll (150)  <b>Calories 780 Sodium 572</b>
12	13	14	15	16
Braised Beef w/ Peppers & Onions (155) Quinoa (3) Green Peas (20) Fruit (0) Wheat Roll (150)  <b>Calories 631 Sodium 463</b>	Curried Chicken (195) Brown Rice (3) Carrots (56) Fruit (0) Wheat Roll (150)  <b>Calories 677 Sodium 539</b>	Pork w/ Cranberry Apple Chutney(85) Mashed Potatoes (124) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150)  <b>Calories 707 Sodium 559</b>	Stewed Tomato White Fish (264) Couscous (4) Brussel Sprouts (10) Fruit (0) Wheat Roll (150)  <b>Calories 638 Sodium 563</b>	White Bean & Chicken Chili (321) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150)  <b>Calories 520 Sodium 719</b>
19	20	21	22	23
Shrimp Scampi (450) Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150)  <b>Calories 645 Sodium 759</b>	Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150)  <b>Calories 782 Sodium 573</b>	Turkey Meatloaf w/ Gravy (305) Mashed Potatoes (124) Carrots (39) Fruit (0) Hawaiian Roll 980)  <b>Calories 736 Sodium 528</b>	Lentil Bolognese & Parmesan (318) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150)  <b>Calories 573 Sodium 627</b>	Beef Stew (329) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150)  <b>Calories 671 Sodium 736</b>
26	27	28	29	30
Holiday No Meals	Salmon w/ Lemon Wedge (56) Mashed Potatoes (124) Garlic Kale (31) Fruit (0) Wheat Roll (150)  <b>Calories 678 Sodium 496</b>	Pork w/Mushroom Cream Sauce (344) Whole Grain Pasta (4) Green Beans (3) Fruit (0) Wheat Roll (150)  <b>Calories 717 Sodium 636</b>	Chicken Tacos (243) Brown Rice (20) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135)  <b>Calories 715 Sodium 594</b>	Whole Grain Cheese Lasagna (390) w/ Florentine Sauce (55) Carrots (40) Fruit (0) Wheat Roll (150)  <b>Calories 575 Sodium 770</b>