

**April 2025**

**Mystic Valley Elder Services**

**City Fresh Chilled HDM**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ( )</p>	<p>Salisbury Steak w/ Gravy (580) Roasted Potatoes (85) Mixed Root Vegetables (65) Cornbread Loaf (180) Pear (1)</p> <p><b>Calories 688 Sodium 1046</b></p>	<p>Creamy Balsamic Chicken (155) Rice Pilaf (50) Mixed Vegetables (51) Dinner Roll (100) Chocolate Chip Cookie (80)</p> <p><b>Calories 898 Sodium 571</b></p>	<p>Roast Turkey w/ Gravy (400) Mashed Potatoes (22) Broccoli (29) Oatmeal Roll (260) Pudding (130)</p> <p><b>Calories 694 Sodium 976</b></p>	<p>Potato Pollock (330) Sweet Potato Wedges (150) Vegetable Medley (54) Wheat Roll (150) Mandarin Cup (5) Tartar Sauce (115)</p> <p><b>Calories 715 Sodium 939</b></p>
7	8	9	10 <b>Spring Special Meal</b>	11
<p>Pulled Pork Tacos w/ Lime (404) Brown Rice (25) Black Beans, Corn &amp; Peppers (61) Mini Tortillas (270) Orange (0)</p> <p><b>Calories 788 Sodium 895</b></p>	<p>Meatloaf w/ Gravy (545) Mashed Potatoes (85) Spinach &amp; Peppers (65) Wheat Roll (150) Pudding (130)</p> <p><b>Calories 690 Sodium 1110</b></p>	<p>Shrimp Scampi (450) Whole Grain Pasta (4) Carrots (56) Dinner Roll (100) Fruit (0)</p> <p><b>Calories 625 Sodium 745</b></p>	<p>Tomato Bruschetta Chicken (330) Roasted Potatoes (85) Green Peas (20) Wheat Bread (65) Banana Bread (240)</p> <p><b>Calories 844 Sodium 875</b></p>	<p>Powerhouse Bean Chili w/ Sweet Potatoes (437) w/ Shredded Cheese (96) California Blend Vegetables (34) Whole Grain Cornbread (180) Fruit (0)</p> <p><b>Calories 719 Sodium 887</b></p>
14	15	16	17 <b>Holiday Meal – high sodium meal</b>	18
<p>Braised Beef &amp; Vegetables (155) Polenta (4) Brussel Sprouts (26) Oatmeal Roll (260) Peach Cup (5)</p> <p><b>Calories 653 Sodium 585</b></p>	<p>Cheese Lasagna (390) w/ Turkey Bolognese (190) Carrots (56) Dinner Roll (100) Banana (1)</p> <p><b>Calories 803 Sodium 872</b></p>	<p>Honey Mustard Chicken Thigh (262) White Rice (25) Broccoli (38) Wheat Bread (65) Pudding (135)</p> <p><b>Calories 824 Sodium 660</b></p>	<p>Baked Ham w/ Maple Brown Sugar Glaze (588) Potatoes au Gratin (360) Green Beans (20) Dinner Roll (100) Pound Cake (240)</p> <p><b>Calories 741 Sodium 1413</b></p>	<p>Tuscan White Fish (413) Rice Pilaf (50) Zucchini Squash (20) Wheat Bread (65) Orange (0)</p> <p><b>Calories 763 Sodium 683</b></p>
21	22	23	24	25
<p><b>Holiday No Meals</b></p>	<p>Shepherd's Pie (Beef) (313) w/ Mashed Potatoes, Corn, Peas Mixed Vegetables (51) Dinner Roll (100) Cinnamon Apples (3)</p> <p><b>Calories 771 Sodium 603</b></p>	<p>Italian Sausage Abruzzi (650) Bowtie Pasta (4) Brussel Sprouts (26) Wheat Roll (150) Pear Cup (0)</p> <p><b>Calories 729 Sodium 965</b></p>	<p>Chicken w/ Mushroom Cream Sauce (Thigh) (378) Mashed Potatoes (22) Carrots (56) Oatmeal Roll (260) Pudding (130)</p> <p><b>Calories 773 Sodium 981</b></p>	<p>Garlic Butter Salmon w/ Lemon (113) Orzo Primavera (105) Broccoli (38) Hawaiian Roll (80) Blueberry Bread (250)</p> <p><b>Calories 963 Sodium 721</b></p>
28	29	30		
<p>Cheeseburger (365) Potato Wedges (20) Green Beans &amp; Red Peppers (20) Wheat Hamburger Bun (80) Clementine (0) Ketchup (85)</p> <p><b>Calories 811 Sodium 705</b></p>	<p>American Chop Suey (Turkey) (265) Whole Grain Pasta (4) Mixed Vegetables (51) Dinner Roll (100) Oatmeal Cookie (90)</p> <p><b>Calories 755 Sodium 645</b></p>	<p>BBQ Chicken (383) Baked Beans (140) Carrots (56) Cornbread Loaf (180) Banana (1)</p> <p><b>Calories 831 Sodium 895</b></p>		<p><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></p>