

May 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<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>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>Teriyaki Beef (480) White Rice (25) Green Peas (20) Wheat Roll (150) Orange (0)</p> <p>Calories 773 Sodium 810</p>	<p>Shrimp Alfredo (655) Whole Grain Pasta (4) Broccoli (38) Wheat Roll (150) Pudding (130)</p> <p>Calories 660 Sodium 1112</p>
5	6	7	8 Mother's Day Special	9
<p>Beef Brisket (255) Roasted Sweet Potato (22) Beets & Greens (117) Whole Grain Cornbread Loaf (180) Applesauce (2)</p> <p>Calories 777 Sodium 711</p>	<p>Crispy Chicken (420) Mac & Cheese (383) California Blend Vegetables (34) Wheat Roll (150) Banana (1)</p> <p>Calories 914 Sodium 1123</p>	<p>White Fish w/ Thai Curry (235) White Rice (25) Corn & Peppers (21) Hawaiian Roll (80) Pudding (130)</p> <p>Calories 704 Sodium 626</p>	<p>Chicken w/ Sundried Tomato & Caper Sauce (542) Roasted Potatoes (85) Broccoli (38) Oatmeal Roll (260) Fudge Filled Chocolate Cookie (80)</p> <p>Calories 670 Sodium 1140</p>	<p>Hot Dog (Beef) (540) Baked Beans (140) Carrots (56) Wheat Hot Dog Bun (85) Orange (0) Ketchup (85)</p> <p>Calories 956 Sodium 1041</p>
12	13	14	15	16
<p>Honey Garlic Salmon (155) Brown Rice (25) Spinach & Red Peppers (65) Wheat Bread (150) Peach Cup (5)</p> <p>Calories 794 Sodium 450</p>	<p>Pot Roast w/ Brown Gravy (587) Roasted Sweet Potatoes (22) Green Peas (20) Dinner Roll (100) Pear (1)</p> <p>Calories 680 Sodium 865</p>	<p>Pork Marsala w/ Mushrooms (130) Egg Noodles (7) Carrots (56) Hawaiian Roll (80) Cinnamon Apples (3)</p> <p>Calories 738 Sodium 411</p>	<p>Tuscan Chicken (254) Mashed Potatoes (22) Broccoli (38) Wheat Roll (150) Shortbread Cookie (150)</p> <p>Calories 768 Sodium 749</p>	<p>Seafood Cajun Pasta (456) Whole Grain Pasta (4) Brussel Sprouts (26) Wheat Roll (150) Pudding (130)</p> <p>Calories 700 Sodium 910</p>
19	20	21	22 Holiday Meal	23
<p>Beef Stew (140) Whole Grain Buttermilk Biscuit (370) Green Beans & Peppers (20) Mandarin Fruit Cup (5)</p> <p>Calories 705 Sodium 670</p>	<p>Rosemary & Garlic Chicken (145) Mashed Potatoes (22) Mixed Vegetables (51) Wheat Roll (150) Pudding (130)</p> <p>Calories 878 Sodium 633</p>	<p>Herb Crusted White Fish w/ Lemon Wedge (345) Orzo (4) Broccoli (38) Dinner Roll (100) Banana (1)</p> <p>Calories 755 Sodium 623</p>	<p>Cheeseburger w/Lettuce Tomato (375) Sweet Potato Wedges (150) Zucchini & Peppers (20) Wheat Hamburger Bun (80) Pound Cake (240) Ketchup (85)</p> <p>Calories 950 Sodium 1085</p>	<p>Honey Jerk Chicken Thigh (385) White Rice (25) Green Peas (20) Oatmeal Roll (260) Peach Cup (5)</p> <p>Calories 824 Sodium 830</p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Whole Grain Cheese Lasagna (390) w/ Turkey Bolognese & Parm (190) California Blend Vegetables (34) Wheat Roll (150) Orange (1)</p> <p>Calories 738 Sodium 900</p>	<p>BBQ Pulled Pork (600) Cheesy Grits (72) Carrots (56) Hawaiian Roll (80) Chocolate Chip Cookie (80)</p> <p>Calories 738 Sodium 1023</p>	<p>Unstuffed Pepper Bowl w/ Beef (275) White Rice (25) Green Beans & Red Peppers (20) Wheat Roll (150) Cinnamon Apples (3)</p> <p>Calories 811 Sodium 608</p>	<p>Chicken Picatta (501) Whole Grain Pasta (4) Green Peas (20) Wheat Roll (150) Fig Newton (180)</p> <p>Calories 941 Sodium 990</p>