

*April 2025*

*Mystic Valley Elder Services*

*City Fresh Low Lactose*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for Lactaid milk and 30 mg Na+ for Margarine.	Salmon w/ Lemon Wedge Mashed Potatoes (dairy free) Garlic Kale Fruit Wheat Roll  <b>Calories 687 Sodium 516</b>	Pork Marsala Whole Grain Pasta Green Beans Fruit Wheat Roll  <b>Calories 759 Sodium 482</b>	Chicken Tacos (NO CHEESE) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1)  <b>Calories 668 Sodium 518</b>	Whole Grain Pasta w/ Turkey Bolognese (No Cheese) Carrots Fruit Wheat Bread  <b>Calories 630 Sodium 474</b>
7	8	9	10	11
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll  <b>Calories 516 Sodium 553</b>	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll  <b>Calories 670 Sodium 530</b>	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll  <b>Calories 573 Sodium 760</b>	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread  <b>Calories 728 Sodium 496</b>	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll  <b>Calories 790 Sodium 592</b>
14	15	16	17	18
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll  <b>Calories 640 Sodium 483</b>	Curried Chicken Brown Rice Carrots Fruit Wheat Roll  <b>Calories 700 Sodium 559</b>	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll  <b>Calories 716 Sodium 579</b>	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll  <b>Calories 647 Sodium 583</b>	White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll  <b>Calories 545 Sodium 643</b>
21	22	23	24	25
Holiday No Meals	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll  <b>Calories 756 Sodium 593</b>	Roast Turkey w/ Gravy Mashed Potatoes (contains whey) Carrots Fruit Hawaiian Roll  <b>Calories 635 Sodium 798</b>	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll  <b>Calories 552 Sodium 528</b>	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll  <b>Calories 680 Sodium 756</b>
28	29	30		
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll  <b>Calories 566 Sodium 446</b>	Salmon w/ Lemon Wedge Mashed Potatoes (dairy free) Garlic Kale Fruit Wheat Roll  <b>Calories 687 Sodium 516</b>	Pork Marsala Whole Grain Pasta Green Beans Fruit Wheat Roll  <b>Calories 759 Sodium 482</b>		<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>