

# April 2025

# Mystic Valley Elder Services

# City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in ( _ )</p>	<p>Chicken Salad (160) w/ Lettuce &amp; Tomato (7) Wheat Bread (130) Artichoke, Feta &amp; Roasted Pepper &amp; Couscous Salad (142) Pea Salad (188) Chocolate Chip Cookie (80) <b>Calories 1050 Sodium 812</b></p>	<p>Mediterranean Falafel &amp; Quinoa Salad w/ Spinach, Tomatoes, &amp; Cucumbers (340) Potato Salad (250) Mini Pitas (85) Greek Dressing (130) Pudding (130) <b>Calories 805 Sodium 1040</b></p>	<p>Roast Beef &amp; Swiss Cheese (280) w/ Lettuce &amp; Tomato (7) Wheat Bread (130) Sweet Potato &amp; Craisin Salad (35) Tomato Cucumber Salad (5) Fruit (0) Mayo (60) <b>Calories 935 Sodium 622</b></p>	<p>Egg Salad Sandwich (252) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0) <b>Calories 885 Sodium 763</b></p>
7	8	9	10	11
<p>Tortellini Pasta Salad w/ Beans, Spinach &amp; Sundried Tomatoes (430) Brussel Sprout Salad (11) Dinner Roll (100) Pudding (130) <b>Calories 732 Sodium 776</b></p>	<p>Buffalo Chicken &amp; Cheese (525) Wheat Hamburger Bun (80) Corn &amp; Red Pepper Salad (7) Broccoli Salad (147) Fruit (0) <b>Calories 750 Sodium 864</b></p>	<p><b>High Sodium Meal</b> Chicken Shawarma Bowl (430) w/ Tzatziki and Rice (215) Tomato &amp; Cucumber Salad (73) Zucchini Salad (131) Mini Pita Breads (85) Banan Bread (240) <b>Calories 1009 Sodium 1279</b></p>	<p>Turkey &amp; Cheese Sandwich (530) w/ Lettuce &amp; Tomato (7) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Beet Salad (90) Fruit (0) Mayo (60) <b>Calories 790 Sodium 1067</b></p>	<p>Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Chickpea, Craisin &amp; Apple Salad(199) Fruit (0) <b>Calories 960 Sodium 947</b></p>
14	15	16	17	18
<p>Turkey &amp; Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta &amp; Roasted Pepper &amp; Couscous Salad (142) Carrot Raisin Salad (124) Fruit (0) <b>Calories 672 Sodium 981</b></p>	<p>Chicken Caesar Wrap (235) Whole Grain Tortilla (200) Corn &amp; Red Pepper Salad (10) Pudding (130) Caesar Dressing Packet (290) <b>Calories 810 Sodium 970</b></p>	<p><b>High Sodium Meal</b> Turkey-Ham &amp; Cheese (Pork Free)(550) Wheat Hamburger Bun (80) Ranch Pasta Salad (178) Cole Slaw (96) Pound Cake (0) <b>Calories 893 Sodium 1256</b></p>	<p>Greek Pasta Salad w/ Chicken, Olives &amp; Feta (235) Broccoli Salad (147) Wheat Roll (150) Fruit (0) <b>Calories 785 Sodium 637</b></p>	<p>Egg Salad Sandwich (252) Wheat Bun (80) Macaroni Salad (185) Brussel Sprout Salad (11) Fruit (0) <b>Calories 1031 Sodium 633</b></p>
21	22	23	24	25
<p>Holiday No Meals</p>	<p>Caprese Pasta Salad w/ Mozzarella, Tomatoes &amp; Basil (411) Beet Salad (92) Cornbread Loaf (180) Pudding (130) <b>Calories 748 Sodium 918</b></p>	<p>Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Chickpea, Craisin &amp; Apple Salad (199) Broccoli Salad (147) Fruit (0) <b>Calories 970 Sodium 691</b></p>	<p>Tuna Salad Sandwich (403) w/ Tomato &amp; Lettuce (7) Wheat Bun (80) Pea Salad (188) Cole Slaw (96) Blueberry Bread (250) <b>Calories 1128 Sodium 1129</b></p>	<p>Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Potato Salad (252) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220) <b>Calories 984 Sodium 1003</b></p>
28	29	30		
<p>Turkey &amp; Swiss Cheese (440) Wheat Bread (130) Italian Pasta Salad (195) Carrot Raisin Salad (124) Oatmeal Cookie (90) Mayonnaise (60) <b>Calories 920 Sodium 1144</b></p>	<p>Egg Salad Sandwich (252) w/ Lettuce &amp; Tomato (7) Wheat Bun (80) Black Bean &amp; Corn Salad (88) Pea Salad (188) Fruit (0) <b>Calories 911 Sodium 717</b></p>	<p>Roast Beef &amp; Swiss Cheese (280) Wheat Hamburger Bun (80) Chickpea, Quinoa &amp; Carrot Salad (110) Tomato-Cucumber Salad (73) Fruit (0) Mustard (60) <b>Calories 756 Sodium 710</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>