

May 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in (_)	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303		Chicken Salad (160) w/ Lettuce & Tomato (7) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Zucchini Salad (130) Pudding (130) Calories 891 Sodium 804	Mediterranean Falafel & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (340) Potato Salad (250) Mini Pitas (85) Fruit (0) Greek Dressing (130) Calories 741 Sodium 910
5	6	7	8	9
Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (430) Brussel Sprout Salad (11) Dinner Roll (100) Fruit (0) Calories 675 Sodium 651	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Broccoli Salad (92) Pudding (130) Mayo (60) Calories 754 Sodium 1004	Buffalo Chicken & Cheese Sandwich w/ Lettuce & Tomato (532) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Beet Salad (92) Fudge Filled Chocolate Cookie (80) Calories 770 Sodium 1084	Roast Beef & Swiss Cheese Sandwich w/ Lettuce & Tomato (287) Wheat Bread (130) Pea Salad (188) Zucchini Salad (131) Fruit (0) Calories 856 Sodium 841	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Chickpea, Craisin & Apple Salad(199) Fruit (0) Calories 962 Sodium 947
12	13	14	15	16
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Carrot Raisin Salad (124) Fruit (0) Calories 672 Sodium 981	Chicken Caesar Wrap (235) Whole Grain Tortilla (135) Corn & Red Pepper Salad (7) Shortbread Cookie (15) Caesar Dressing Packet (290) Calories 839 Sodium 982	Turkey-Ham & Cheese (Pork Free)(550) Wheat Hamburger Bun (80) Macaroni Salad (184) Cole Slaw (96) Fruit (0) Calories 971 Sodium 1022	Greek Pasta Salad w/ Chicken, Olives & Feta (232) Broccoli Salad (147) Wheat Roll (150) Pudding (130) Calories 793 Sodium 764	Egg Salad Sandwich (287) Wheat Bun (80) Sweet Potato & Craisin Salad (34) Pickled Cabbage Slaw (8) Fruit (0) Calories 923 Sodium 821
19	20	21	22	23
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Beet Salad (92) Cornbread Loaf (180) Pudding (130) Calories 748 Sodium 918	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Ranch Pasta Salad (178) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220) Calories 751 Sodium 1060	Waldorf Chicken Salad (161) Wheat Hamburger Bun (80) Chickpea, Craisin & Apple Salad (199) Cole Slaw (96) Pound Cake (240) Calories 1001 Sodium 888	Tuna Salad Sandwich (403) w/ Tomato & Lettuce (7) Wheat Bun (80) Black Bean, Corn & Red Pepper (60) Broccoli Salad (147) Fruit (0) Calories 87 Sodium 802	Turkey & Swiss Cheese (440) Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 901 Sodium 1109
26	27	28	29	30
Holiday No Meals	Chicken Salad w/Lettuce Tomato(168) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Pea Salad (188) Chocolate Chip Cookie (80) Calories 1050 Sodium 813	Mediterranean Chicken & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (460) Potato Salad (252) Mini Pitas (85) Fruit (0) Greek Dressing (130) Calories 867 Sodium 1037	Egg Salad Sandwich (287) w/ Lettuce & Tomato (7) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fig Newton (180) Calories 1070 Sodium 978	Roast Beef & Swiss Cheese Sandwich w/ Lettuce & Tomato (287) Wheat Bread (130) Sweet Potato & Craisin Salad (34) Tomato Cucumber Salad (73) Fruit (0) Mayo (60) Calories 902 Sodium 689