

May 2025

Mystic Valley Elder Services

City Fresh Vegetarian

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | | 1 | 2 |
| <p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.</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 Tofu White Rice Green Peas Wheat Roll Fruit</p> <p>Calories 750 Sodium 767</p> | <p>Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Roll Pudding</p> <p>Calories 724 Sodium 917</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>Veggie Fritters Roasted Sweet Potato Beets & Greens Whole Grain Cornbread Loaf Applesauce</p> <p>Calories 682 Sodium 786</p> | <p>Crispy Chik'n Mac & Cheese California Blend Vegetables Wheat Roll Banana</p> <p>Calories 894 Sodium 1063</p> | <p>Tofu w/ Thai Curry Sauce White Rice Corn & Peppers Hawaiian Roll Pudding</p> <p>Calories 815 Sodium 441</p> | <p>Chickpeas in Sundried Tomato & Caper Sauce Roasted Potatoes Broccoli Oatmeal Roll Fudge Filled Chocolate Cookie</p> <p>Calories 774 Sodium 1183</p> | <p>Veggie Burger w/ Cheese Baked Beans Carrots Wheat Hamburger Bun Orange Ketchup</p> <p>Calories 868 Sodium 991</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Creamy Dill White Beans Brown Rice Spinach & Red Peppers Wheat Bread Peach Cup</p> <p>Calories 789 Sodium 760</p> | <p>Veggie Sausge w/ Brown Gravy Mashed Sweet Potatoes Green Peas Dinner Roll Pear</p> <p>Calories 740 Sodium 848</p> | <p>Tuscan Tofu Mashed Potatoes Broccoli Wheat Roll Shortbread Cookie</p> <p>Calories 734 Sodium 680</p> | <p>Veggie Meatballs Marsala w/ Mushrooms Egg Noodles Carrots Hawaiian Roll Cinnamon Apples</p> <p>Calories 821 Sodium 796</p> | <p>Cajun Chik'n Pasta Whole Grain Pasta Brussel Sprouts Wheat Roll Pudding</p> <p>Calories 810 Sodium 985</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>Lentil Stew w/ Whole Grain Buttermilk Biscuit Green Beans & Peppers Mandarin Fruit Cup</p> <p>Calories 668 Sodium 660</p> | <p>Rosemary & Garlic White Beans Mashed Potatoes Mixed Vegetables Wheat Roll Pudding</p> <p>Calories 845 Sodium 898</p> | <p>Veggie Fritters w/ Lemon Wedge Orzo Broccoli Dinner Roll Banana</p> <p>Calories 670 Sodium 608</p> | <p>Veggie Burger w/ Cheese & Lettuce/Tomato Sweet Potato Wedges Zucchini & Peppers Wheat Hamburger Bun Pound Cake Ketchup</p> <p>Calories 951 Sodium 1210</p> | <p>Honey Jerk Tofu White Rice Green Peas Oatmeal Roll Peach Cup</p> <p>Calories 744 Sodium 745</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>Holiday No Meals</p> | <p>Whole Grain Cheese Lasagna w/ Lentil Bolognese & Parmesan Cheese California Blend Vegetables Wheat Roll Orange</p> <p>Calories 719 Sodium 940</p> | <p>BBQ Chickpeas Cheesy Grits Carrots Hawaiian Roll Chocolate Chip Cookie</p> <p>Calories 673 Sodium 903</p> | <p>Unstuffed Pepper Bowl w/ Lentils White Rice Green Beans & Red Peppers Wheat Roll Cinnamon Apples</p> <p>Calories 696 Sodium 656</p> | <p>Tofu & Artichoke Picatta Whole Grain Pasta Green Peas Wheat Roll Fig Newton</p> <p>Calories 864 Sodium 809</p> |