

June 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

| Monday                                                                                                                                                           | Tuesday                                                                                                                                                                                         | Wednesday                                                                                                                                                            | Thursday                                                                                                                                            | Friday                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2                                                                                                                                                                | 3                                                                                                                                                                                               | 4                                                                                                                                                                    | 5                                                                                                                                                   | 6                                                                                                                                                           |
| Potato Pollock (330)<br>Roasted Potatoes (85)<br>Kale & Peppers (29)<br>Hawaiian Roll (80)<br>Fruit Cup (5)<br>Tartar Sauce (113)<br><br>Calories 620 Sodium 777 | Meatballs & Marinara (Beef & Chicken) w/ Parm (605)<br>Whole Grain Pasta (4)<br>Mixed Vegetables (51)<br>Wheat Roll (150)<br>Banana (0)<br><br>Calories 692 Sodium 945                          | Creamy Balsamic Chicken (185)<br>Rice Pilaf (49)<br>Green Beans & Red Peppers (20)<br>Dinner Roll (100)<br>Chocolate Chip Cookie (80)<br><br>Calories 872 Sodium 538 | Whole Grain Mac & Cheese (385)<br>Broccoli (38)<br>Oatmeal Roll (260)<br>Pudding (130)<br><br>Calories 752 Sodium 948                               | Pulled Pork Tacos w/ Lime (404)<br>Brown Rice (25)<br>Black Beans, Corn & Peppers (61)<br>Mini Tortillas (270)<br>Orange (0)<br><br>Calories 788 Sodium 895 |
| 9                                                                                                                                                                | 10                                                                                                                                                                                              | 11                                                                                                                                                                   | 12                                                                                                                                                  | 13                                                                                                                                                          |
| American Chop Suey (Turkey) (270)<br>Whole Grain Pasta (4)<br>Vegetable Medley (54)<br>Wheat Bread (65)<br>Applesauce (2)<br><br>Calories 744 Sodium 530         | Meatloaf w/ Gravy (546)<br>Garlic Mashed Potatoes (22)<br>Carrots (56)<br>Wheat Roll (150)<br>Pudding (130)<br><br>Calories 705 Sodium 1039                                                     | Shrimp Scampi (450)<br>Whole Grain Pasta (4)<br>Broccoli (38)<br>Dinner Roll (100)<br>Blueberry Bread (250)<br><br>Calories 720 Sodium 825                           | Tomato Bruschetta Chicken (335)<br>Roasted Potatoes (85)<br>Green Peas (20)<br>Wheat Dinner Roll (100)<br>Banana (0)<br><br>Calories 805 Sodium 827 | Braised Beef & Vegetables (155)<br>Polenta (4)<br>Kale & Corn (11)<br>Oatmeal Roll (260)<br>Peach Fruit Cup (5)<br><br>Calories 644 Sodium 570              |
| 16                                                                                                                                                               | 17<br>High Sodium Meal                                                                                                                                                                          | 18                                                                                                                                                                   | 19                                                                                                                                                  | 20                                                                                                                                                          |
| BBQ Chicken (555)<br>Roasted Sweet Potatoes (21)<br>Brussel Sprouts (26)<br>Cornbread Loaf (180)<br>Orange (0)<br><br>Calories 652 Sodium 917                    | Corned Beef & Swiss Reuben w/ Sauerkraut (857)<br>Roasted Potatoes (85)<br>California Blend Vegetables (34)<br>Wheat Bread (130)<br>Applesauce (2) Mustard (55)<br><br>Calories 768 Sodium 1298 | Crispy Chicken (185)<br>Black Eyed Peas (141)<br>Collards, Corn & Peppers (40)<br>Cornbread Loaf (180)<br>Banana Bread (240)<br><br>Calories 1115 Sodium 921         | Holiday<br>No Meals                                                                                                                                 | Tuscan White Fish (413)<br>Rice Pilaf (50)<br>Mixed Root Veggies (65)<br>Wheat Bread (65)<br>Shortbread Cookie (150)<br><br>Calories 846 Sodium 878         |
| 23                                                                                                                                                               | 24                                                                                                                                                                                              | 25                                                                                                                                                                   | 26                                                                                                                                                  | 27                                                                                                                                                          |
| Swedish Meatballs (Beef/Chicken) (370)<br>Egg Noodles (7)<br>Green Peas (20)<br>Wheat Roll (150)<br>Pear Fruit Cup (0)<br><br>Calories 756 Sodium 682            | Cheese Tortellini w/ Lemon Ricotta<br>Parmesan Sauce (220)<br>Vegetable Medley (54)<br>Wheat Roll (150)<br>Mandarin Cup (5)<br><br>Calories 680 Sodium 564                                      | Cheeseburger (368)<br>Potato Wedges (20)<br>Green Beans (20)<br>Wheat Hamburger Bun (80)<br>Banana (0)<br>Ketchup (85)<br><br>Calories 811 Sodium 709                | BBQ Jerk Salmon (390)<br>White Rice (25)<br>Black Bean, Corn & Peppers (61)<br>Wheat Roll (150)<br>Pound Cake (240)<br><br>Calories 861 Sodium 1001 | Chicken Anna Maria (468)<br>Mashed Potatoes (22)<br>Broccoli (38)<br>Dinner Roll (100)<br>Pudding (130)<br><br>Calories 704 Sodium 893                      |
| 30                                                                                                                                                               |                                                                                                                                                                                                 |                                                                                                                                                                      |                                                                                                                                                     |                                                                                                                                                             |
| Cheese Lasagna (390)<br>w/ Turkey Bolognese (190)<br>Brussel Sprouts (26)<br>Hawaiian Roll (80)<br>Applesauce (2)<br><br>Calories 742 Sodium 823                 |                                                                                                                                                                                                 |                                                                                 | Menu Subject to change.<br><br>Totals Include 110mg sodium for milk<br>and 30 mg sodium for Margarine.<br>Individual Sodium amount in ( )           | Note: To cancel your meal, please call<br>Mystic Valley Nutrition at least one<br>day in advance before 11:30 AM:<br>781-388-2303                           |