

June 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Veggie Fritters Vegetable Rice Pilaf Kale & Peppers Hawaiian Roll Fruit Calories 652 Sodium 629	Vegetarian Meatballs & Marinara w/ Parm Whole Grain Pasta Mixed Vegetables Wheat Roll Fruit Calories 801 Sodium 1090	Creamy Balsamic Chik'n Rice Pilaf Green Beans & Red Peppers Dinner Roll Chocolate Chip Cookie Calories 940 Sodium 808	Whole Grain Mac & Cheese Broccoli Oatmeal Roll Pudding Calories 752 Sodium 948	Refried Bean & Cheese Tacos w/Lime Brown Rice Black Beans, Corn & Peppers Mini Tortillas Fruit Calories 717 Sodium 1009
9	10	11	12	13
BBQ Tofu Roasted Sweet Potatoes Brussel Sprouts Cornbread Loaf Fruit Calories 684 Sodium 677	Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Roll Pudding Calories 694 Sodium 986	Tofu & Artichoke Scampi Whole Grain Pasta Broccoli Dinner Roll Fruit Calories 748 Sodium 491	Tomato Bruschetta Chik'n Roasted Potatoes Green Peas Wheat Dinner Roll Blueberry Bread Calories 974 Sodium 950	Braised Beans & Vegetables Polenta Kale & Corn Oatmeal Roll Fruit Calories 694 Sodium 800
16	17	18	19	20
Vegetarian Chop Suey Whole Grain Pasta Vegetable Medley Wheat Bread Fruit Calories 687 Sodium 780	Caprese Sandwich (Tomato & Mozzarella) Roasted Potatoes California Blend Vegetables Wheat Bread (2 slices) Fruit Mustard Calories 678 Sodium 846	Crispy Chik'n Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Banana Bread Calories 1011 Sodium 1096	Holiday No Meals	Cheese Lasagna w/ Lentil Bolognese Mixed Root Veggies Wheat Bread Shortbread Cookie Calories 823 Sodium 949
23	24	25	26	27
Swedish Vegetarian Meatballs Egg Noodles Green Peas Wheat Roll Fruit Calories 773 Sodium 752	Cheese Tortellini w/ Lemon Ricotta Parmesan Sauce Vegetable Medley Wheat Roll Fruit Calories 670 Sodium 559	Veggie Burger w/ Cheese Potato Wedges Green Beans Wheat Hamburger Bun Fruit Ketchup Calories 857 Sodium 836	BBQ Jerk Tofu White Rice Black Bean, Corn & Peppers Wheat Roll Pound Cake Calories 765 Sodium 951	Chik'n Anna Maria Mashed Potatoes Broccoli Dinner Roll Pudding Calories 840 Sodium 955
30				
Tuscan Tofu Rice Pilaf Brussel Sprouts Hawaiian Roll Fruit Calories 757 Sodium 478			Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303