

July 2025

Mystic Valley Elder Services

City Fresh Asian

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Teriyaki Salmon White Rice Water Spinach Fruit Calories 789 Sodium 720	Sweet & Sour Chicken White Rice Broccoli Chocolate Chip Cookie Calories 768 Sodium 857	BBQ Chicken Sandwich Potato Wedges (Low Na) Zucchini Squash Wheat Bun Pound Cake w/ Strawberries Calories 835 Sodium 848	Holiday No Meals
7	8	9	10	11
Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 853 Sodium 706	Mongolian Beef White Rice Cabbage Fruit Calories 735 Sodium 899	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 702 Sodium 527	Pork Fried Rice White Rice Cabbage Fudge Filled Chocolate Cookie Calories 916 Sodium 644	Bun Ga Nuong (Lemongrass chicken) White Rice Bok Choy Fruit Calories 790 Sodium 864
14	15	16	17	18
Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit Calories 751 Sodium 599	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 900 Sodium 899	Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Lemon Square Calories 800 Sodium 1021	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Cabbage Fruit Calories 818 Sodium 1141	Pork Fried Rice White Rice Cabbage Fruit Calories 806 Sodium 564
21	22	23	24	25
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 740 Sodium 696	Chicken Teriyaki White Rice Broccoli Fruit Calories 925 Sodium 812	Vietnamese Pork Curry White Rice Water Spinach Fruit Calories 815 Sodium 514	Beef Teriyaki White Rice Bok Choy Fig Newton Calories 815 Sodium 922	Pork Lo Mein Noodles Broccoli Fig Newton Calories 850 Sodium 781
28	29	30	31	
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 670 Sodium 807	Teriyaki Salmon White Rice Water Spinach Fruit Calories 789 Sodium 720	Sweet & Sour Chicken White Rice Broccoli Fruit Calories 815 Sodium 514	Pork Fried Rice White Rice Cabbage Fruit Calories 806 Sodium 564	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 CITY FRESH FOODS