

July 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 July 4 th Special	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ()	Stewed Tomato Chicken (174) Mashed Potatoes (22) Carrots (56) Oatmeal Roll (260) Pudding (130) Calories 696 Sodium 777	Teriyaki Shrimp (560) White Rice (25) Corn & Peppers (21) Wheat Bread (65) Orange (0) Calories 690 Sodium 806	BBQ Chicken Sandwich (383) Potato Wedges (20) Zucchini Squash (20) Wheat Bun (80) Pound Cake w/ Strawberries (240) Calories 835 Sodium 848	Holiday No Meals
7	8	9	10	11
Pot Roast w/ Brown Gravy (587) Mashed Potatoes (22) Vegetable Medley (54) Dinner Roll (100) Fruit Cup (5) Calories 660 Sodium 898	Whole Grain Cheese Ravioli (200) w/ Marinara & Parmesan Cheese (310) California Blend Vegetables (34) Wheat Roll (150) Pudding (130) Calories 636 Sodium 959	Chicken in Sundried Tomato & Caper Sauce (343) Roasted Potatoes (85) Mixed Vegetables (51) Oatmeal Roll (260) Orange (0) Calories 722 Sodium 874	Honey Garlic Salmon (155) Mashed Potatoes (22) Green Beans (20) Wheat Bread (65) Fudge Filled Chocolate Cookie (80) Calories 831 Sodium 477	Hot Dog (Beef) (540) Baked Beans (140) Carrots (56) Wheat Hot Dog Bun (85) Banana (1) Ketchup (85) Calories 856 Sodium 1042
14	15	16	17	18
Beef w/ Thai Curry Sauce (105) White Rice (25) Kale & Corn (11) Hawaiian Roll (80) Fruit Cup (5) Calories 673 Sodium 361	Salisbury Steak w/ Gravy (580) Mashed Potatoes (22) Green Peas (20) Cornbread Loaf (180) Orange (0) Calories 732 Sodium 937	Tuscan Chicken (255) Orzo (4) Broccoli (38) Wheat Bread (65) Lemon Square (90) Calories 850 Sodium 587	BBQ Pork Ribs (Boneless) (377) Roasted Potatoes (85) Carrots (56) Hawaiian Roll (80) Banana (1) Calories 616 Sodium 734	Seafood Cajun Pasta (463) Whole Grain Pasta (4) Brussel Sprouts (26) Wheat Roll (150) Pudding (130) Calories 700 Sodium 908
21	22	23	24	25
Beef Stew (180) Whole Grain Buttermilk Biscuit (370) Green Beans & Peppers (20) Applesauce (2) Calories 710 Sodium 667	Rosemary & Garlic Chicken (347) Mashed Potatoes (22) Carrots (56) Wheat Roll (150) Pudding (130) Calories 786 Sodium 840	Herb Crusted White Fish w/ Lemon Wedge (346) Orzo (4) Mixed Vegetables (51) Dinner Roll (100) Fruit Cup (5) Calories 757 Sodium 641	Cheeseburger (370) Sweet Potato Wedges (150) Broccoli (38) Wheat Hamburger Bun (80) Fig Newton (180) Ketchup (85) Calories 989 Sodium 1038	Honey Jerk Chicken Thigh (383) White Rice (25) Green Peas (20) Oatmeal Roll (260) Banana (1) Calories 879 Sodium 824
28	29	30	31	
3 Cheese Mac & Cheese (575) California Blend Vegetables (34) Wheat Bread (65) Fruit Cup (5) Calories 818 Sodium 814	Unstuffed Pepper Bowl w/ Beef (276) White Rice (25) Green Beans & Red Peppers (20) Wheat Roll (150) Applesauce (2) Calories 817 Sodium 608	Pork Marsala w/ Mushrooms (131) Egg Noodles (7) Carrots (56) Hawaiian Roll (80) Pudding (130) Calories 803 Sodium 592	Chicken Picatta (500) Mashed Potatoes (22) Green Peas (20) Wheat Roll (150) Orange (0) Calories 787 Sodium 827	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 