

July 2025

Mystic Valley Elder Services

City Fresh Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for Lactaid milk and 30 mg Na+ for Margarine.	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll Calories 670 Sodium 530	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 573 Sodium 760	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 728 Sodium 496	Holiday No Meals
7	8	9	10	11
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 716 Sodium 579	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583	White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll Calories 545 Sodium 643
14	15	16	17	18
Shrimp Scampi Pasta Green Peas Fruit Wheat Roll Calories 655 Sodium 779	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593	Turkey Meatloaf w/ Gravy Mashed Potatoes (contains whey) Carrots Fruit Hawaiian Roll Calories 745 Sodium 602	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 528	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 756
21	22	23	24	25
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446	Salmon w/ Lemon Wedge Mashed Potatoes (dairy free) Garlic Kale Fruit Wheat Roll Calories 687 Sodium 516	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 575	Chicken Tacos (NO CHEESE) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap Calories 668 Sodium 518	Whole Grain Pasta w/ Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread Calories 630 Sodium 474
28	29	30	31	
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 553	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll Calories 670 Sodium 530	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 573 Sodium 760	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 728 Sodium 496	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