

July 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in (_)	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Broccoli Salad (147) Mayo (60) Fruit (0) Calories 792 Sodium 929	Roast Beef & Swiss Cheese (280) w/ Lettuce & Tomato (4) Wheat Bread (130) Greek Pasta Salad (230) Beet & Mandarin Salad (92) Pound Cake (240) Calories 1085 Sodium 1141	Honey Mustard Chicken Salad Sandwich w/ Lettuce & Tomato (264) Wheat Bread (130) Pea Salad (188) Tomato Cucumber Salad (73) Fruit (0) Calories 937 Sodium 760	Holiday No Meals
7	8	9	10	11
Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Carrot Raisin Salad (124) Pudding (130) Calories 700 Sodium 1106	Chicken Caesar Wrap (300) Whole Grain Tortilla (135) Corn & Red Pepper Salad (7) Fruit (0) Caesar Dressing Packet (290) Calories 770 Sodium 837	Turkey-Ham & Cheese Sandwich (Pork Free) (550) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (96) Fudge Filled Chocolate Cookie (280) Mayo (60) Calories 956 Sodium 1170	Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Macaroni Salad (184) Broccoli Salad (147) Fruit (0) Mayo (60) Calories 995 Sodium 1111	Egg Salad Sandwich (287) w/ Lettuce & Tomato (4) Wheat Bun (80) Sweet Potato & Craisin Salad (35) Pickled Cabbage Slaw (8) Fruit (0) Calories 942 Sodium 519
14	15	16	17	18
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Chickpeas, Craisin & Apple Salad(199) Cornbread Loaf (180) Fruit (0) Calories 820 Sodium 895	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Ranch Pasta Salad (178) Wheat Roll (150) Lemon Square (90) Honey Mustard Dressing (220) Calories 841 Sodium 1150	Turkey & Swiss Cheese (440) on Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mayonnaise (60) Calories 892 Sodium 1109	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Zucchini Salad (130) Pudding (130) Calories 863 Sodium 1006	Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Beet Salad (92) Tomato Cucumber Salad (73) Fruit (0) Calories 671 Sodium 514
21	22	23	24	25
Turkey & Swiss Cheese (440) Wheat Bread (130) Sweet Potato & Craisin Salad (34) Cole Slaw (96) Pudding 130) Mayo (30) Calories 985 Sodium 995	Ham & Cheese Sandwich (550) w/ Lettuce & Tomato (4) Wheat Bread (130) Macaroni Salad (185) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 1038 Sodium 1158	Mediterranean Chicken & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (457) Potato Salad (252) Mini Pitas (85) Fig Newton (180)Greek Dressing (133) Calories 977 Sodium 1212	Chicken Salad (160) Lettuce & Tomato (4) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Brussel Sprout Salad (11) Fruit (0) Calories 904 Sodium 552	Egg Salad Sandwich (287) w/ Lettuce & Tomato (4) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Broccoli Salad (147) Fruit (0) Calories 1005 Sodium 818
28	29	30	31	
Honey Mustard Chicken Salad Sandwich w/ Lettuce & Tomato (264) Wheat Bread (130) Pea Salad (188) Beet Salad (92) Fruit (0) Calories 934 Sodium 779	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Broccoli Salad (147) Pudding (130) Mayo (60) Calories 851 Sodium 1059	Roast Beef & Swiss Cheese Sandwich w/ Lettuce & Tomato (284) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Fruit (0) Mustard (55) Calories 883 Sodium 865	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (431) Zucchini Salad (131) Dinner Roll (100) Oatmeal Cookie (90) Calories 656 Sodium 857	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