

July 2025

Mystic Valley Elder Services

City Fresh Vegetarian

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 Tofu White Rice Corn & Peppers Wheat Bread Fruit Calories 793 Sodium 681	BBQ Chik'n Sandwich Potato Wedges (Low Na) Zucchini Squash Wheat Bun Pound Cake w/ Strawberries Calories 960 Sodium 1120	Veggie Sausage w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll Fruit Calories 660 Sodium 861	Holiday No Meals
7	8	9	10	11
Whole Grain Cheese Ravioli w/ Marinara & Parmesan Cheese California Blend Vegetables Wheat Roll Pudding Calories 636 Sodium 959	Chickpeas in Sundried Tomato Caper Sauce Roasted Potatoes Mixed Vegetables Dinner Roll Fruit Calories 686 Sodium 959	Honey Garlic Chik'n Mashed Potatoes Green Beans Wheat Bread Fudge Filled Chocolate Cookie Calories 870 Sodium 782	Veggie Burger w/ Cheese Baked Beans Carrots Wheat Hamburger Bun Fruit Ketchup Calories 860 Sodium 991	Tofu in Thai Curry Sauce White Rice Kale & Corn Hawaiian Roll Fruit Calories 704 Sodium 306
14	15	16	17	18
Veggie Sausage w/ Gravy Mashed Potatoes Green Peas Cornbread Loaf Fruit Calories 717 Sodium 907	Tuscan Chik'n Orzo Broccoli Wheat Bread Lemon Square Calories 916 Sodium 855	BBQ Tofu Roasted Potatoes Carrots Hawaiian Roll Fruit Calories 620 Sodium 701	Vegetarian Carbonara Whole Grain Pasta Brussel Sprouts Wheat Roll Pudding Calories 724 Sodium 912	Lentil Stew w/ Whole Grain Buttermilk Biscuit Green Beans & Peppers Fruit Calories 693 Sodium 657
21	22	23	24	25
Rosemary & Garlic White Beans Mashed Potatoes Carrots Wheat Roll Pudding Calories 750 Sodium 1133	Vegan Chik'n Cutlet Orzo Mixed Vegetables Dinner Roll Fruit Calories 736 Sodium 650	Veggie Burger w/ Cheese Sweet Potato Wedges Broccoli Wheat Hamburger Bun Fig Newton Ketchup Calories 993 Sodium 1163	Honey Jerk Tofu White Rice Green Peas Cornbread Loaf Fruit Calories 804 Sodium 660	3 Cheese Mac & Cheese California Blend Vegetables Wheat Bread Fruit Calories 818 Sodium 809
28	29	30	31	
Unstuffed Pepper Bowl w/ Lentils White Rice Green Beans & Red Peppers Cornbread Loaf Fruit Calories 797 Sodium 559	Veggie Sausage Marsala w/ Mushrooms Egg Noodles Carrots Hawaiian Roll Pudding Calories 776 Sodium 901	Tofu & Artichoke Picatta Mashed Potatoes Green Peas Wheat Roll Fruit Calories 710 Sodium 647	Veggie Fritters Vegetable Rice Pilaf Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 690 Sodium 714	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 