

August 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303			Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Oatmeal Cookie Calories 803 Sodium 796
4	5	6	7	8
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Banana Bread Calories 890 Sodium 1189	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 Fruit Calories 916 Sodium 564	Bun Ga Nuong (Lemongrass chicken) White Rice Bok Choy Chocolate Chip Cookie Calories 790 Sodium 944
11	12	13	14	15
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 751 Sodium 603	Chicken Teriyaki White Rice Broccoli Fruit Calories 925 Sodium 844	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Pound Cake Calories 818 Sodium 1081	General Tso's Chicken White Rice Broccoli Fruit Calories 725 Sodium 703	Pork Fried Rice White Rice Cabbage Fruit Calories 806 Sodium 564
18	19	20	21	22
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 740 Sodium 696	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 900 Sodium 899	Vietnamese Pork Curry White Rice Water Spinach Fruit Calories 815 Sodium 434	Green Curry White Fish White Rice Cabbage Blueberry Bread Calories 815 Sodium 992	Pork Lo Mein Noodles Broccoli Fruit Calories 850 Sodium 601
25	26	27	28	29
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 Cabbage Fruit Calories 768 Sodium 767	Cheeseburger Sweet Potato Wedges Broccoli Wheat Hamburger Bun Peach Crisp Ketchup Calories 978 Sodium 892	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 803 Sodium 706