

August 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ()	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303			Potato Pollock (330) Vegetable Rice Pilaf (50) Kale & Peppers (29) Hawaiian Roll (80) Oatmeal Cookie (90) Tartar Sauce (110) Calories 761 Sodium 824
4	5	6	7	8
Tomato Bruschetta Chicken (335) Roasted Potatoes (85) Green Peas (20) Wheat Dinner Roll (150) Banana Bread (240) Calories 794 Sodium 965	Meatloaf w/ Gravy (545) Garlic Mashed Potatoes (22) Carrots (56) Wheat Roll (150) Pear Fruit Cup (0) Calories 675 Sodium 908	Creamy Cajun Shrimp (534) White Rice (25) Broccoli (38) Cornbread Loaf (180) Banana (0) Calories 787 Sodium 912	American Chop Suey (Turkey) (270) Whole Grain Pasta (4) Vegetable Medley (54) Wheat Bread (65) Orange (10) Calories 764 Sodium 528	Braised Beef & Vegetables (155) Polenta (15) Kale & Corn (11) Cornbread Loaf (180) Chocolate Chip Cookie (80) Calories 761 Sodium 576
11	12	13	14	15
BBQ Chicken (555) Mashed Potatoes (22) Brussel Sprouts (26) Hawaiian Roll (80) Apple (0) Calories 650 Sodium 818	Meatballs & Marinara (Beef & Chicken) w/ Parm (692) Whole Grain Pasta (4) Mixed Vegetables (51) Wheat Roll (150) Orange (0) Calories 685 Sodium 1032	Chicken w/ Pineapple-Mango Salsa(95 Yellow Rice (26) Black Bean & Corn Succotash (90) Dinner Roll (100) Pound Cake (240) Calories 915 Sodium 686	Hot Dog (Beef) (540) Sweet Potato Wedges (150) Hot German Slaw (148) Wheat Hot Dog Bun (85) Fruit (0) Ketchup (85) Calories 874 Sodium 1143	White Fish Florentine (268) Rice Pilaf (50) Mixed Root Vegetables (65) Wheat Dinner Roll (150) Pudding (130) Calories 690 Sodium 798
18	19	20	21	22
Cheese Lasagna (390) w/ Turkey Bolognese (190) Carrots (56) Wheat Bread (65) Clementines (0) Calories 788 Sodium 836	Chicken Anna Maria (468) Roasted Potatoes (85) Broccoli (38) Dinner Roll (100) Pudding (130) Calories 704 Sodium 956	Beef Stroganoff (185) Egg Noodles (7) Green Peas (20) Wheat Roll (150) Pear Fruit Cup (0) Calories 735 Sodium 497	BBQ Jerk Salmon (390) White Rice (25) Zucchini Squash & Red Peppers (20) Wheat Roll (150) Blueberry Bread (250) Calories 941 Sodium 970	Stewed Tomato Chicken (thigh) (213) Polenta (25) Mixed Vegetables (51) Cornbread Loaf (180) Peach Fruit Cup (0) Calories 744 Sodium 604
25	26	27	28	29
Whole Grain Mac & Cheese (575) Carrots (56) Hawaiian Roll (80) Applesauce (0) Calories 789 Sodium 846	Pulled Pork Tacos w/ Lime (404) Brown Rice (25) Black Beans, Corn & Peppers (61) Mini Tortillas (270) Pudding (130) Calories 870 Sodium 1025	Cheese Tortellini (175) w/ Chicken & Lemon Ricotta Parmesan Sauce (330) Vegetable Medley (54) Wheat Roll (150) Orange (0) Calories 780 Sodium 844	Cheeseburger (370) Sweet Potato Wedges (150) Broccoli (38) Wheat Hamburger Bun (80) Peach Crisp (34) Ketchup (85) Calories 978 Sodium 892	Tuscan White Fish (413) Mashed Potatoes (22) Brussel Sprouts (26) Wheat Bread (65) Banana (0) Calories 711 Sodium 661