

August 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals Include 110mg sodium for milk. 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			Crispy Chicken Wrap w/ Romaine, Tomatoes & Cheese (386) Chickpea & Craisin Salad (199) Tomato-Cucumber Salad (73) Flour Tortilla Wrap (135) Banana Bread (240) Calories 895 Sodium 1138
4	5	6	7	8
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Macaroni Salad (185) Carrot Raisin Salad (124) Pudding (130) Calories 917 Sodium 1154	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 (Pork Free) & Cheese w/ Lettuce & Tomato (559) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (96) Fruit (0) Mayo (60) Calories 860 Sodium 1090	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (152) Broccoli Salad (147) Chocolate Chip Cookie (80) Calories 780 Sodium 1079	Egg Salad Sandwich (287) w/ Lettuce & Tomato (7) Wheat Bun (80) Sweet Potato & Craisin Salad (35) Pickled Cabbage Slaw (8) Fruit (0) Calories 942 Sodium 519
11	12 High Sodium Meal	13	14	15
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Chickpeas, Craisin & Apple (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) Pound Cake (240) Honey Mustard Dressing (220) Calories 861 Sodium 1300	Turkey & Swiss Cheese (440) on Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mayo (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 1008	Waldorf Chicken Salad (160) Lettuce & Tomato (7) Wheat Hamburger Bun (80) Beet Salad (92) Tomato Cucumber Salad (73) Fruit (0) Calories 671 Sodium 514
18	19	20 High Sodium Meal	21	22
Ham & Cheese Sandwich (550) Wheat Bread (130) Roasted Potato & Green Bean (80) Pickled Cabbage Slaw (8) Pudding (130) Calories 815 Sodium 1003	Turkey & Swiss Cheese (440) on Wheat Bread (130) Pea Salad (188) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 945 Sodium 1047	Mediterranean Chicken & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (457) Potato Salad (252) Mini Pitas (85) Blueberry Bread (250) Greek Dressing (133) Calories 1047 Sodium 1282	Chicken Salad (160) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Brussel Sprout Salad (11) Fruit (0) Calories 904 Sodium 548	Egg Salad Sandwich (287) w/ Lettuce & Tomato (7) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Broccoli Salad (147) Fruit (0) Calories 1005 Sodium 818
25	26	27	28	29
Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Beet Salad (92) Pudding (130) Mayo (60) Calories 750 Sodium 1004	Honey Mustard Chicken Salad (260) Wheat Bread (130) Pea Salad (188) Broccoli Salad (147) Fruit (0) Calories 1030 Sodium 830	Roast Beef & Swiss Cheese Sandwich w/ Lettuce & Tomato (284) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Fruit (0) Mustard (55) Calories 900 Sodium 865	Tortellini Pasta Salad w/ Beans, Spin- ach & Sundried Tomatoes (431) Zucchini Salad (131) Dinner Roll (100) Fruit (0) Calories 656 Sodium 767	Turkey-Ham (Pork Free) & Cheese Sandwich w/ Lettuce & Tomato (554) Wheat Hamburger Bun (80) Ranch Pasta Salad (195) Cole Slaw (96) Fruit (0) Mayo (60) Calories 822 Sodium 1090