

August 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
				1
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			Veggie Fritters Vegetable Rice Pilaf Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 690 Sodium 714
4	5	6	7	8
Tomato Bruschetta Chik'n Roasted Potatoes Green Peas Wheat Dinner Roll Banana Bread Calories 915 Sodium 959	Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Roll Pudding Calories 715 Sodium 986	Creamy Cajun Beans White Rice Broccoli Cornbread Loaf Fruit Calories 811 Sodium 908	Vegetarian American Chop Suey Whole Grain Pasta Vegetable Medley Wheat Bread Fruit Calories 727 Sodium 793	Braised Veggie Sausage & Vegetables Polenta Kale & Corn Cornbread Loaf Chocolate Chip Cookie Calories 748 Sodium 841
11	12	13	14	15
BBQ Tofu Mashed Sweet Potatoes Brussel Sprouts Hawaiian Roll Fruit Calories 700 Sodium 576	Veggie Meatballs & Marinara w/ Parm Whole Grain Pasta Mixed Vegetables Wheat Roll Fruit Calories 765 Sodium 1090	Chik'n w/ Pineapple-Mango Salsa Yellow Rice Black Bean & Corn Succotash Dinner Roll Pound Cake Calories 945 Sodium 956	White Bean Florentine Rice Pilaf Mixed Root Vegetables Wheat Dinner Roll Pudding Calories 728 Sodium 918	Veggie Burger w/ Cheese Sweet Potato Wedges Hot German Slaw Wheat Hamburger Bun Fruit Ketchup Calories 864 Sodium 1093
18	19	20	21	22
Cheese Lasagna w/ Lentil Bolognese Carrots Wheat Bread Fruit Calories 742 Sodium 789	Chik'n Anna Maria Roasted Potatoes Broccoli Dinner Roll Pudding Calories 825 Sodium 1026	Vegetarian Stroganoff Egg Noodles Green Peas Wheat Roll Fruit Calories 719 Sodium 890	BBQ Jerk Tofu White Rice Zucchini Squash & Red Peppers Wheat Roll Blueberry Bread Calories 845 Sodium 922	Tomato Stewed Garbanzo Beans Polenta Mixed Vegetables Cornbread Loaf Fruit Calories 718 Sodium 790
25	26	27	28	29
Whole Grain Mac & Cheese Carrots Hawaiian Roll Fruit Calories 789 Sodium 846	Refried Bean & Cheese Taco Brown Rice Black Beans, Corn & Peppers Mini Tortillas (2) Pudding Calories 798 Sodium 1139	Cheese Tortellini w/ White Beans & Lemon Ricotta Parmesan Sauce Vegetable Medley Wheat Roll Fruit Calories 811 Sodium 810	Veggie Burger w/ Cheese Sweet Potato Wedges Broccoli Wheat Hamburger Bun Peach Crisp Ketchup Calories 982 Sodium 1017	Tuscan Veggie Fritters Mashed Potatoes Brussel Sprouts Wheat Bread Fruit Calories 783 Sodium 743