

October 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
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 	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 715 Sodium 445	Pork Fried Rice White Rice Cabbage Fruit Calories 902 Sodium 577	Bun Ga Nuong (Lemongrass chicken) White Rice Bok Choy Fruit Calories 795 Sodium 689
6	7	8	9	10
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 807 Sodium 555	Chicken Teriyaki White Rice Broccoli Fruit Calories 696 Sodium 853	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Sugar Cookie Calories 843 Sodium 1007	Chicken in Sage Cream Sauce w/ Pumpkin & Cheese Ravioli Broccoli Dinner Roll Cinnamon Swirl Calories 1096 Sodium 1038	Chinese BBQ Pork White Rice Cabbage Fruit Calories 910 Sodium 599
13	14	15	16	17
Holiday No Meals	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 823 Sodium 644	Caramel Ginger Chicken White Rice Cabbage Pound Cake Calories 940 Sodium 922	Green Curry White Fish White Rice Water Spinach Fruit Calories 700 Sodium 380	Pork Lo Mein Noodles Broccoli Fruit Calories 820 Sodium 873
20	21	22	23	24
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 700 Sodium 812	Teriyaki Salmon White Rice Water Spinach Fruit Calories 766 Sodium 681	Sweet & Sour Chicken White Rice Cabbage Fruit Calories 873 Sodium 670	Pork & Vegetable Egg Roll White Rice Broccoli Chocolate Chip Cookie Calories 930 Sodium 893	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 785 Sodium 713
27	28	29	30	31
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 778 Sodium 663	Mongolian Beef White Rice Cabbage Oatmeal Cookie Calories 780 Sodium 772	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 715 Sodium 445	Pork Fried Rice White Rice Cabbage Fruit Calories 902 Sodium 577	Bun Ga Nuong (Lemongrass chicken) White Rice Bok Choy Fig Newton Calories 925 Sodium 859