

September 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 790 Sodium 949	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 Fruit Calories 790 Sodium 864
8	9	10	11	12
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 Sugar Cookie Calories 790 Sodium 976	General Tso's Chicken White Rice Broccoli Fruit Calories 725 Sodium 703	Chinese BBQ Pork White Rice Cabbage Fruit Calories 876 Sodium 617
15	16	17	18	19
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 902	Vietnamese Pork Curry White Rice Water Spinach Fruit Calories 815 Sodium 434	Green Curry White Fish White Rice Cabbage Lemon Square Calories 815 Sodium 972	Pork Lo Mein Noodles Broccoli Fruit Calories 850 Sodium 601
22	23	24	25	26
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 798	Pork & Vegetable Egg Roll White Rice Broccoli Chocolate Chip Cookie Calories 795 Sodium 833	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 803 Sodium 706
29	30			
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 790 Sodium 949	Mongolian Beef White Rice Cabbage Oatmeal Cookie Calories 735 Sodium 992	CITY FRESH FOODS	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