

October 2025

Mystic Valley Elder Services

City Fresh Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 105 mg sodium for milk and 30 mg sodium 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 CITY FRESH FOODS	Pork w/ Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Calories 605 Sodium 377 Carb 67	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Calories 560 Sodium 356 Carb 60	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Calories 513 Sodium 575 Carb 62
6	7	8	9	10
Chicken Scampi Pasta Green Peas Fruit Calories 696 Sodium 350 Carb 74	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Calories 665 Sodium 426 Carb 70	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Calories 635 Sodium 502 Carb 57	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Calories 452 Sodium 398 Carb 74	Beef Stew Roasted Potatoes Vegetable Medley Fruit Calories 590 Sodium 592 Carb 65
13	14	15	16	17
Holiday No Meals	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Calories 575 Sodium 250 Carb 60	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Calories 455 Sodium 405 Carb 53	Chicken Taco w/ Cheese Tortilla Wrap Black Beans, Corn & Peppers Fruit Calories 608 Sodium 578 Carb 61	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Calories 495 Sodium 624 Carb 66
20	21	22	23	24
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Calories 485 Sodium 595 Carb 53	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Calories 560 Sodium 363 Carb 71	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Calories 568 Sodium 350 Carb 51	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Calories 590 Sodium 365 Carb 60	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Calories 652 Sodium 530 Carb 63
27	28	29	30	31
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Calories 551 Sodium 315 Carb 63	Curried Chicken Brown Rice Carrots Fruit Calories 630 Sodium 395 Carb 79	Pork w/ Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Calories 605 Sodium 377 Carb 67	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Calories 560 Sodium 356 Carb 60	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Calories 513 Sodium 575 Carb 62