

September 2025

Mystic Valley Elder Services

City Fresh Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	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 511 Sodium 575 Carb 62
8	9	10	11	12
Chicken Scampi Pasta Green Peas Fruit Calories 555 Sodium 615 Carb 72	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 64	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Calories 493 Sodium 480 Carb 74	Beef Stew Roasted Potatoes Vegetable Medley Fruit Calories 590 Sodium 592 Carb 65
15	16	17	18	19
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Calories 477 Sodium 280 Carb 51	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Calories 600 Sodium 350 Carb 60	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Calories 460 Sodium 405 Carb 58	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 500 Sodium 624 Carb 66
22	23	24	25	26
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Calories 490 Sodium 595 Carb 53	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Calories 581 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 411 Carb 60	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Calories 700 Sodium 430 Carb 71
29	30			
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	CITY FRESH FOODS	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