

October 2025

Mystic Valley Elder Services

City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 105 mg sodium for 1% milk and 30 mg sodium for Margarine. Individual sodium amount in ()	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(85) Mashed Potatoes (23) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150) Calories 681 Sodium 459	Stewed Tomato White Fish (264) Couscous (4) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 638 Sodium 565	White Bean & Chicken Chili (259) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 593 Sodium 657
6	7	8	9	10
Chicken Scampi (190) Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 776 Sodium 449	Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 747 Sodium 573	Turkey Meatloaf w/ Gravy (305) Mashed Potatoes (22) Carrots (40) Fruit (0) Hawaiian Roll (80) Calories 736 Sodium 582	Lentil Bolognese & Parmesan (232) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 571 Sodium 541	Beef Stew (140) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150) Calories 670 Sodium 547
13	14	15	16	17
Holiday No Meals	Salmon w/ Lemon Wedge (56) Mashed Potatoes (23) Garlic Kale (31) Fruit (0) Wheat Roll (150) Calories 652 Sodium 395	Pot Roast w/ Gravy (245) Roasted Sweet Potato (22) Green Beans (3) Fruit (0) Wheat Roll (150) Calories 536 Sodium 555	Chicken Tacos (243) Brown Rice (3) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135) Calories 715 Sodium 577	Whole Grain Cheese Lasagna (390) w/ Florentine Sauce (55) Carrots (40) Fruit (0) Wheat Roll (150) Calories 575 Sodium 770
20	21	22	23	24
Egg Omelet (240) Polenta (4) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 447 Sodium 573	White Fish w/ Pineapple & Mango Salsa (105) Brown Rice & Beans (65) Carrots (39) Fruit (0) & Wheat Roll (150) Calories 662 Sodium 494	Lemon Ricotta Chicken (180) Baked Sweet Potato (21) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 648 Sodium 496	American Chop Suey (Turkey) (225) Whole Grain Pasta (4) Green Beans w/ Red Peppers (2) Fruit (0) Wheat Bread (65) Calories 714 Sodium 431	Rosemary & Garlic Chicken (347) Mashed Potatoes (23) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 732 Sodium 675
27	28	29	30	31
Braised Beef w/ Peppers & Onions (155) Quinoa (3) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 631 Sodium 463	Curried Chicken (195) Brown Rice (3) Carrots (56) Fruit (0) Wheat Roll (150) Calories 677 Sodium 539	Pork w/ Cranberry Apple Chutney(85) Mashed Potatoes (23) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150) Calories 681 Sodium 459	Stewed Tomato White Fish (264) Couscous (4) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 638 Sodium 565	White Bean & Chicken Chili (259) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 593 Sodium 657