

September 2025

Mystic Valley Elder Services

City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	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 (124) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150) Calories 707 Sodium 559	Stewed Tomato White Fish (264) Couscous (4) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 638 Sodium 563	White Bean & Chicken Chili (321) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 520 Sodium 719
8	9	10	11	12
Chicken Scampi (250) Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 625 Sodium 559	Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 782 Sodium 573	Turkey Meatloaf w/ Gravy (305) Mashed Potatoes (22) Carrots (40) Fruit (0) Hawaiian Roll (80) Calories 736 Sodium 582	Lentil Bolognese & Parmesan (318) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 573 Sodium 627	Beef Stew (329) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150) Calories 671 Sodium 736
15	16	17	18	19
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	Salmon w/ Lemon Wedge (56) Mashed Potatoes (124) Garlic Kale (31) Fruit (0) Wheat Roll (150) Calories 678 Sodium 496	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 (20) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135) Calories 715 Sodium 594	Whole Grain Cheese Lasagna (390) w/ Florentine Sauce (55) Carrots (40) Fruit (0) Wheat Roll (150) Calories 575 Sodium 770
22	23	24	25	26
Egg Omelet (240) Polenta (4) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 507 Sodium 563	White Fish w/ Pineapple & Mango Salsa (105) Brown Rice & Beans (81) Carrots (39) Fruit (0) & Wheat Roll (150) Calories 661 Sodium 510	Lemon Ricotta Chicken (180) Baked Sweet Potato (21) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 648 Sodium 496	American Chop Suey (Turkey) (270) Whole Grain Pasta (4) Green Beans w/ Red Peppers (2) Fruit (0) Wheat Bread (65) Calories 719 Sodium 476	Rosemary & Garlic Chicken (143) Mashed Potatoes (124) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 780 Sodium 572
29	30			
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		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