

October 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg sodium for 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	Unstuffed Pepper Bowl w/ Beef (275) White Rice (25) Green Beans & Red Peppers (20) Cornbread Loaf (180) Applesauce (2) Calories 917 Sodium 637	Chicken Pot Pie (215) Whole Grain Buttermilk Biscuit (370) Broccoli (38) Pudding (130) Calories 826 Sodium 888	Meatballs & Marinara (Beef & Chicken) w/ Parm (605) Whole Grain Pasta (4) Mixed Vegetables (51) Wheat Roll (150) Orange (0) Calories 660 Sodium 945
6	7	8	9	10
Maple-Bacon Glazed Chicken Thigh (220) Butternut Squash (12) Green Peas (20) Wheat Dinner Roll (150) Apple (2) Calories 862 Sodium 539	Braised Beef & Vegetables (155) Roasted Potatoes (85) Mixed Root Vegetables (65) Cornbread Loaf (180) Pudding (130) Calories 707 Sodium 750	Creamy Cajun Shrimp (535) White Rice (25) Green Beans & Red Peppers (38) Wheat Bread (65) Banana (1) Calories 737 Sodium 799	Chicken in Sage Cream Sauce (470) w/ Pumpkin & Cheese Ravioli (190) Broccoli (38) Dinner Roll (100) Cinnamon Swirl (105) Calories 1096 Sodium 1038	Meatloaf w/ Gravy (545) Garlic Mashed Potatoes (22) Carrots (56) Wheat Roll (150) Pear Cup (0) Calories 675 Sodium 908
13	14	15	16	17
Holiday No Meals	Pork with Mustard Wine Sauce (285) Baked Sweet Potato (21) Brussel Sprouts (26) Hawaiian Roll (80) Peach Cup (5) Calories 723 Sodium 552	Chicken Anna Maria (468) Roasted Potatoes (85) Green Peas (20) Dinner Roll (100) Pound Cake (240) Calories 787 Sodium 1048	Shepherd's Pie w/ Mashed Potatoes, Corn & Peas (313) Green Beans (20) Dinner Roll (100) Banana (1) Calories 813 Sodium 1569	White Fish Florentine (267) Rice Pilaf (50) Mixed Root Vegetables (65) Wheat Dinner Roll (150) Pudding (130) Calories 688 Sodium 797
20	21	22	23	24
Cheese Lasagna (390) w/ Turkey Bolognese (190) California Blend Vegetables (34) Wheat Bread (65) Orange (0) Calories 788 Sodium 814	Cheesy Chicken Casserole (555) Seasoned Rice (25) Broccoli (38) Dinner Roll (100) Pudding (130) Calories 917 Sodium 983	Beef Stroganoff (185) Egg Noodles (7) Carrots (56) Wheat Roll (150) Pear Cup (0) Calories 685 Sodium 533	Maple Glazed Salmon (90) Cranberry & Herb Couscous (89) Brussel Sprouts (26) Wheat Roll (150) Apple Bites (140) Calories 997 Sodium 630	Roast Turkey & Gravy (400) Mashed Potatoes (22) Mixed Vegetables (50) Cornbread Loaf (180) Banana (1) Calories 746 Sodium 788
27	28	29	30	31
Cheese Tortellini (175) w/ Chicken & Lemon Ricotta Parmesan Sauce (332) Vegetable Medley (54) Wheat Roll (150) Orange (0) Calories 780 Sodium 846	Pot Roast w/ Gravy (590) Garlic Mashed Potatoes (22) Carrots (56) Dinner Roll (100) Pudding (130) Calories 634 Sodium 1033	American Chop Suey (Turkey) (220) Whole Grain Pasta (4) Vegetable Medley (54) Wheat Bread (65) Apple (0) Calories 777 Sodium 478	Pork with Apple Chutney (85) Polenta (15) Mixed Root Vegetables (65) Cornbread Loaf (180) Banana (1) Calories 935 Sodium 481	Tuscan White Fish (413) Mashed Potatoes (22) Brussel Sprouts (26) Wheat Roll (150) Fig Newton (180) Calories 806 Sodium 926