

October 2025

Mystic Valley Elder Services

Chopped/ Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.	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 Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 802 Sodium 407	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 739 Sodium 512	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 734 Sodium 608
6	7	8	9	10
Chicken Scampi Pasta Green Peas Fruit Nutritional Shake Calories 916 Sodium 449	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 837 Sodium 523	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 802 Sodium 602	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Calories 637 Sodium 491	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 825 Sodium 435
13	14	15	16	17
Holiday No Meals	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Calories 742 Sodium 345	Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Calories 683 Sodium 503	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 846 Sodium 564	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Calories 717 Sodium 720
20	21	22	23	24
Egg Omelet w/ Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 662 Sodium 531	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots, Fruit Nutritional Shake Calories 760 Sodium 735	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Calories 795 Sodium 443	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 767 Sodium 466	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Calories 874 Sodium 466
27	28	29	30	31
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Calories 741 Sodium 433	Curried Chicken Brown Rice Carrots Fruit Nutritional Shake Calories 782 Sodium 509	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 802 Sodium 407	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 739 Sodium 512	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 734 Sodium 608