

October 2025

Mystic Valley Elder Services

City Fresh Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg Na+ for Lactaid milk and 30 mg Na+ 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 CITY FRESH FOODS	Pork w/ Cranberry Apple Chutney Mashed Potatoes (contains whey) Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 716 Sodium 579	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583	White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582
6	7	8	9	10
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 785 Sodium 519	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593	Turkey Meatloaf w/ Gravy Mashed Potatoes (contains whey) Carrots Fruit Hawaiian Roll Calories 745 Sodium 602	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567
13	14	15	16	17
Holiday No Meals	Salmon w/ Lemon Wedge Mashed Potatoes (contains whey) Garlic Kale Fruit Wheat Roll Calories 661 Sodium 415	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 574	Chicken Tacos (NO CHEESE) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap Calories 669 Sodium 501	Whole Grain Pasta w/ Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread Calories 630 Sodium 477
20	21	22	23	24
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll Calories 670 Sodium 514	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 728 Sodium 451	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695
27	28	29	30	31
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559	Pork w/ Cranberry Apple Chutney Mashed Potatoes (contains whey) Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 716 Sodium 579	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583	White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582