

October 2025

Mystic Valley Elder Services

City Fresh Renal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include for 4 oz Whole Milk and 30 mg Na+ for Margarine.	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b> 	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fruit  <b>Calories 700 Sodium 424</b>	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce  <b>Calories 578 Sodium 513</b>	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 668 Sodium 315</b>
6	7	8	9	10
Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce  <b>Calories 750 Sodium 446</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie  <b>Calories 701 Sodium 608</b>	Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple  <b>Calories 796 Sodium 516</b>	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce  <b>Calories 597 Sodium 466</b>	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 780 Sodium 352</b>
13	14	15	16	17
Holiday No Meals	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie  <b>Calories 706 Sodium 614</b>	Pot Roast w/ Gravy Polenta Green Beans Wheat Bread Fresh Apple  <b>Calories 602 Sodium 410</b>	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap Applesauce  <b>Calories 712 Sodium 506</b>	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 640 Sodium 278</b>
20	21	22	23	24
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce  <b>Calories 580 Sodium 491</b>	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only)  <b>Calories 608 Sodium 383</b>	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple  <b>Calories 737 Sodium 349</b>	Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce  <b>Calories 577 Sodium 312</b>	Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 815 Sodium 521</b>
27	28	29	30	31
Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce  <b>Calories 697 Sodium 347</b>	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie  <b>Calories 765 Sodium 488</b>	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fruit  <b>Calories 700 Sodium 424</b>	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce  <b>Calories 578 Sodium 513</b>	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 668 Sodium 315</b>