

October 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg sodium for milk. 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 	Turkey-Ham & Cheese (Pork Free) w/ Lettuce & Tomato (554) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (95) Pudding (130) Mayo (60) Calories 820 Sodium 1159	Egg Salad Sandwich (287) w/ Lettuce & Tomato (4) Wheat Bun (80) Sweet Potato & Craisin Salad (35) Pickled Cabbage Slaw (8) Fruit (0) Calories 942 Sodium 519	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Broccoli Salad (147) Fruit (0) Calories 724 Sodium 999
6	7	8	9	10
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Chickpeas, Craisin & Apple Salad (199) Cornbread Loaf (180) Pudding (130) Calories 880 Sodium 1025	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (405) Ranch Pasta Salad (178) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220) Calories 790 Sodium 1058	Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Butternut Squash & Cranberry Couscous Salad (90) Tomato Cucumber Salad (73) Cinnamon Swirl (105) Calories 980 Sodium 617	Turkey & Swiss Cheese (440) on Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 892 Sodium 1192	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Zucchini Salad (130) Fruit (0) Calories 833 Sodium 878
13	14	15	16	17
Holiday No Meals	Turkey & Swiss Cheese (440) on Wheat Bread (130) Beet Salad (92) Carrot Raisin Salad (124) Pound Cake (240) Calories 840 Sodium 1131	Ham & Swiss Cheese (650) on Wheat Bun (80) Sweet Potato & Craisin Salad (35) Pea Salad (188) Fruit (0) Mayo (60) Calories 915 Sodium 1123	Egg Salad Sandwich (287) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Brussel Sprout Salad (16) Pudding (130) Calories 968 Sodium 817	Chicken Salad (160) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Broccoli Salad (147) Fruit (0) Calories 935 Sodium 688
20	21	22	23	24
Roast Beef & Swiss Cheese (280) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Pudding (130) Mustard (55) Calories 923 Sodium 955	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Beet Salad (92) Fruit (0) Mayo (60) Calories 715 Sodium 874	Honey Mustard Chicken Salad (260) Wheat Bread (130) Pea Salad (188) Zucchini Salad (131) Apple Bites (140) Calories 1105 Sodium 958	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (431) Broccoli Salad (147) Dinner Roll (100) Fruit (0) Calories 740 Sodium 783	Tuna Salad (403) Wheat Hamburger Bun (80) Ranch Pasta Salad (178) Pickled Cabbage Salad (8) Fruit (0) Calories 905 Sodium 778
27	28	29	30	31
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Macaroni Salad (185) Carrot Raisin Salad (124) Pudding (130) Calories 917 Sodium 1154	Chicken Caesar Wrap (300) Whole Grain Tortilla (135) Butternut Squash & Cranberry Couscous Salad (90) Fruit (0) Caesar Dressing Packet (290) Calories 818 Sodium 920	Ham & Cheese Sandwich (260) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (95) Fruit (0) Calories 761 Sodium 1129	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Broccoli Salad (147) Fig Newton (180) Calories 854 Sodium 1179	Egg Salad Sandwich (287) Wheat Bun (80) Sweet Potato & Craisin Salad (35) Pickled Cabbage Slaw (8) Fruit (0) Calories 942 Sodium 519