

September 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Chicken Caesar Wrap (300) Whole Grain Tortilla (135) Corn & Red Pepper Salad (7) Fruit (0) Caesar Dressing Packet (290) Calories 750 Sodium 837	Turkey-Ham & Cheese (Pork Free) w/ Lettuce & Tomato (554) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Cole Slaw (95) Fruit (0) Mayo (60) Calories 1086 Sodium 1086	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Broccoli Salad (147) Fruit (0) Calories 724 Sodium 999	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
8	9	10	11	12
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) Sugar Cookie (135) Honey Mustard Dressing (220) Calories 870 Sodium 1193	Turkey & Swiss Cheese (440) on Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 892 Sodium 1109	Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Beet Salad (92) Tomato Cucumber Salad (73) Fruit (0) Calories 671 Sodium 514	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Zucchini Salad (130) Fruit (0) Calories 833 Sodium 878
15	16	17	18	19
Ham & Cheese Sandwich (550) Wheat Bread (130) Roasted Potato & Green Bean (80) Pickled Cabbage Slaw (8) Fruit (0) Calories 743 Sodium 873	Turkey & Swiss Cheese (440) on Wheat Bread (130) Pea Salad (188) Carrot Raisin Salad (124) Fruit (0) Mayo (60) Calories 945 Sodium 1047	Mediterranean Chicken & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (457) Greek Dressing (130) Potato Salad (250) Mini Pitas (85) Lemon Square (90) Calories 917 Sodium 1117	Egg Salad Sandwich (287) w/ Lettuce & Tomato (4) 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
22	23	24	25	26
Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (7) Beet Salad (92) Pudding (130) Mayo (60) Calories 750 Sodium 1004	Roast Beef & Swiss Cheese (280) w/ Lettuce & Tomato (4) Wheat Bread (130) Italian Pasta Salad (195) Cole Slaw (96) Fruit (0) Mustard (55) Calories 900 Sodium 865	Honey Mustard Chicken Salad (260) w/ Lettuce & Tomato (4) Wheat Bread (130) Pea Salad (188) Zucchini Salad (131) Chocolate Chip Cookie (80) Calories 970 Sodium 898	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (431) Broccoli Salad (147) Dinner Roll (100) Fruit (0) Calories 740 Sodium 783	Turkey-Ham & Cheese (Pork Free) w/ Lettuce & Tomato (554) Wheat Hamburger Bun (80) Ranch Pasta Salad (195) Pickled Cabbage Salad (8) Fruit (0) Mayo (60) Calories 785 Sodium 1002
29	30			
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Macaroni Salad (185) Carrot Raisin Salad (124) Oatmeal Cookie (90) Calories 890 Sodium 1114	Chicken Caesar Wrap (300) Whole Grain Tortilla (135) Corn & Red Pepper Salad (7) Fruit (0) Caesar Dressing Packet (290) Calories 750 Sodium 837		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