

October 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg Na+ for 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	Unstuffed Pepper Bowl w/ Lentils White Rice Green Beans & Red Peppers Cornbread Loaf Fruit Calories 797 Sodium 557	Vegetarian Pot Pie w/ Whole Grain Buttermilk Biscuit Broccoli Pudding Calories 822 Sodium 1038	Veggie Meatballs & Marinara Whole Grain Pasta Mixed Vegetables Wheat Roll Fruit Calories 678 Sodium 1031
6	7	8	9	10
Maple Glazed Chik'n Butternut Squash Green Peas Wheat Dinner Roll Fruit Calories 865 Sodium 711	Braised Veggie Sausage & Vegetables Polenta Mixed Root Vegetables Cornbread Loaf Pudding Calories 765 Sodium 992	Creamy Cajun Beans White Rice Green Beans & Red Peppers Wheat Bread Fruit Calories 795 Sodium 797	White Beans in Sage Cream Sauce w/ Pumpkin & Cheese Ravioli Broccoli Dinner Roll Cinnamon Swirl Calories 1064 Sodium 903	Vegetarian Meatloaf & Gravy Garlic Mashed Potatoes Carrots Wheat Roll Fruit Calories 604 Sodium 856
13	14	15	16	17
Holiday No Meals	Lentils w/ Mustard Wine Sauce Baked Sweet Potato Brussel Sprouts Hawaiian Roll Fruit Calories 691 Sodium 520	Chik'n Anna Maria Roasted Potatoes Green Peas Dinner Roll Pound Cake Calories 922 Sodium 1118	Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Dinner Roll Fruit Calories 750 Sodium 803	White Bean Florentine Rice Pilaf Mixed Root Vegetables Wheat Dinner Roll Pudding Calories 728 Sodium 1018
20	21	22	23	24
Cheese Lasagna w/ Lentil Bolognese California Blend Vegetables Wheat Bread Fruit Calories 741 Sodium 767	Cheesy Rice Casserole Seasoned Rice Broccoli Dinner Roll Pudding Calories 722 Sodium 882	Vegetarian Stroganoff Egg Noodles Carrots Wheat Roll Fruit Calories 668 Sodium 926	Maple Glazed Chik'n Cranberry & Herb Couscous Brussel Sprouts Wheat Roll Apple Bites Calories 1022 Sodium 934	Roast Tofu w/ Gravy Mashed Potatoes Mixed Vegetables Cornbread Loaf Fruit Calories 715 Sodium 618
27	28	29	30	31
Cheese Tortellini w/ White Beans & Lemon Ricotta Parmesan Sauce Vegetable Medley Wheat Roll Fruit Calories 811 Sodium 910	Veggie Sausage & Gravy Garlic Mashed Potatoes Carrots Dinner Roll Pudding Calories 636 Sodium 993	Vegetarian Chop Suey Whole Grain Pasta Vegetable Medley Wheat Bread Fruit Calories 665 Sodium 786	Chik'n with Apple Chutney Polenta Mixed Root Vegetables Cornbread Loaf Fruit Calories 870 Sodium 758	Tuscan Tofu Mashed Potatoes Brussel Sprouts Wheat Roll Fig Newton Calories 794 Sodium 698