

September 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Teriyaki Tofu White Rice Green Beans & Red Peppers Hawaiian Roll Fruit Calories 705 Sodium 679	Vegetarian Carbonara Whole Grain Pasta Broccoli Dinner Roll Pudding Calories 755 Sodium 872	Veggie Sausage w/ Gravy Mashed Potatoes Carrots Whole Grain Cornbread Loaf Fruit Calories 766 Sodium 943	White Beans in Tomato Caper Sauce White Rice Corn & Peppers Wheat Bread Fruit Calories 717 Sodium 655
8	9	10	11	12
Garbanzo Bean Chili w/ Shredded Cheese Carrots Whole Grain Buttermilk Biscuit Fruit Calories 720 Sodium 1059	Stuffed Shells w/ Marinara & Parmesan Cheese California Blend Vegetables Wheat Roll Pudding Calories 705 Sodium 989	Honey Mustard Chik'n Roasted Potatoes Green Peas Wheat Roll Sugar Cookie Calories 828 Sodium 1000	Honey Garlic Beans Orzo Green Beans Wheat Bread Fruit Calories 776 Sodium 594	Thai Curry Tofu White Rice Broccoli Hawaiian Roll Apple Calories 753 Sodium 333
15	16	17	18	19
Stewed Tomato White Beans Mashed Potatoes Mixed Vegetables Dinner Roll Orange Calories 695 Sodium 707	Braised Lentils & Gravy Mashed Sweet Potatoes Vegetable Medley Wheat Roll Pear Calories 748 Sodium 581	BBQ Tofu Sandwich Roasted Potatoes Carrots Hawaiian Bun Applesauce Calories 705 Sodium 740	Tuscan Chik'n Orzo Broccoli Wheat Bread Lemon Square Calories 916 Sodium 855	Cream Cajun Beans Whole Grain Pasta Brussel Sprouts Wheat Roll Pudding Calories 707 Sodium 978
22	23	24	25	26
3 Bean Chili w/ Shredded Cheese w/ Whole Grain Buttermilk Biscuit Green Beans & Peppers Applesauce Calories 710 Sodium 1112	Rosemary & Garlic White Beans Mashed Potatoes Mixed Vegetables Wheat Roll Pudding Calories 782 Sodium 1128	Veggie Fritters w/ Lemon Rice Pilaf Broccoli Dinner Roll Fruit Calories 727 Sodium 653	Roast Tofu w/ Gravy Mashed Potatoes Carrots Wheat Bread Chocolate Chip Cookie Calories 655 Sodium 588	Veggie Sausage w/ Peppers & Onions White Rice Green Peas Cornbread Loaf Fruit Calories 775 Sodium 827
29	30			
3 Cheese Mac & Cheese California Blend Vegetables Wheat Bread Fruit Calories 839 Sodium 809	Veggie Fritters Vegetable Rice Pilaf Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 688 Sodium 714	CITY FRESH FOODS	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