

November 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 807 Sodium 555	Chicken Teriyaki White Rice Broccoli Fruit Calories 696 Sodium 853	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Calories 878 Sodium 872	Pork & Vegetable Egg Roll White Rice Broccoli Chocolate Chip Cookie Calories 795 Sodium 833	Chinese BBQ Pork White Rice Cabbage Fruit Calories 910 Sodium 599
10	11	12	13	14
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 823 Sodium 644	Holiday No Meals	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 831 Sodium 682	Green Curry White Fish White Rice Water Spinach Shortbread Cookie Calories 788 Sodium 530	Pork Lo Mein Noodles Broccoli Fruit Calories 820 Sodium 873
17	18	19	20	21
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 700 Sodium 812	Teriyaki Salmon White Rice Water Spinach Fruit Calories 766 Sodium 681	Sweet & Sour Chicken White Rice Cabbage Fruit Calories 873 Sodium 670	Roast Turkey & Gravy Mashed Potatoes & Stuffing Green Beans Dinner Roll Fudge Cookie Calories 732 Sodium 1182	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 785 Sodium 713
24	25	26	27	28
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 778 Sodium 663	Mongolian Beef White Rice Cabbage Oatmeal Cookie Calories 814 Sodium 862	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 715 Sodium 445	Holiday No Meals	Pork Fried Rice White Rice Cabbage Fruit Calories 902 Sodium 577
		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