

November 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken & White Bean Chili (260) w/ Shredded Cheese (95) Green Beans & Red Peppers (20) Whole Grain Buttermilk Biscuit (370) Orange (0) Calories 774 Sodium 880	Unstuffed Pepper Bowl w/ Beef (276) White Rice (25) Mixed Vegetables (51) Cornbread Loaf (180) Vanilla Pudding (130) Calories 1002 Sodium 797	Shrimp w/ Tomato Caper Sauce (594) Polenta (15) Carrots (56) Wheat Bread (65) Banana (1) Calories 630 Sodium 866	Chicken Alfredo (610) Whole Grain Pasta (4) Broccoli (38) Dinner Roll (100) Chocolate Chip Cookie (80) Calories 786 Sodium 967	Italian Sausage w/ Peppers & Onions (Pork) (575) Mashed Potatoes (22) Green Peas (20) Wheat Roll (150) Peach Cup (5) Calories 705 Sodium 907
10	11	12	13	14
Beef Chili (321) w/ Shredded Cheese (96) Mixed Root Vegetables (65) Whole Grain Cornbread (160) Orange (0) Calories 809 Sodium 777	Holiday No Meals	Tuscan Chicken (403) Mashed Potatoes (22) Vegetable Medley (54) Dinner Roll (100) Pear Cup (0) Calories 775 Sodium 714	Meatloaf & Gravy (546) White Rice (25) Broccoli (38) Hawaiian Roll (80) Shortbread Cookie (150) Calories 832 Sodium 942	Honey Garlic Salmon (155) Orzo (4) Green Beans & Red Peppers (20) Wheat Bread (65) Chocolate Pudding (135) Calories 814 Sodium 514
17	18	19	20 Harvest Thanksgiving Meal	21
Harvest Chicken w/ Apple Chutney(123) Butternut Squash & Cranberry Couscous (90) California Blend Vegetables (34) Dinner Roll (100) Peach Cup (5) Calories 749 Sodium 487	Pot Roast w/ Brown Gravy (587) Mashed Potatoes (22) Vegetable Medley (54) Cornbread Loaf (180) Orange (0) Calories 696 Sodium 978	Seafood Cajun Pasta (500) Whole Grain Pasta (4) Brussel Sprouts (26) Wheat Roll (150) Apple (2) Calories 663 Sodium 817	Roast Turkey & Gravy (580) Mashed Potatoes & Stuffing (267) Green Beans (20) Dinner Roll (100) Fudge Cookie (80) Calories 732 Sodium 1182	Cheese Ravioli w/ Beef Bolognese & Parmesan (484) Green Peas (20) Wheat Bread (65) Vanilla Pudding (130) Calories 878 Sodium 834
24	25	26	27	28
Rosemary & Garlic Chicken (474) Mashed Potatoes (22) Carrots (56) Cornbread Loaf (180) Banana (1) Calories 793 Sodium 869	Potato Pollock (330) Sweet Potato Wedges (150) Kale & Peppers (29) Hawaiian Roll (80) Oatmeal Cookie (90) Tartar Sauce (110) Calories 736 Sodium 924	Beef Stew (140) w/ Buttermilk Biscuit (370) Broccoli (38) Chocolate Pudding (135) Calories 767 Sodium 818	Holiday No Meals	Whole Grain Cheese Lasagna (390) Marinara Sauce & Mozzarella (410) Mixed Vegetables (51) Wheat Roll (150) Applesauce (2) Calories 693 Sodium 1138
		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. 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