

November 2025

Mystic Valley Elder Services

Chopped/ Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Scampi Pasta Green Peas Fruit Nutritional Shake Calories 916 Sodium 449	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 837 Sodium 523	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 802 Sodium 602	Lentil Bolognese & Parmesan Pasta Broccoli Fruit Nutritional Shake Calories 673 Sodium 491	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 825 Sodium 435
10	11	12	13	14
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Calories 677 Sodium 396	Holiday No Meals	Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Calories 683 Sodium 503	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 846 Sodium 564	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Calories 717 Sodium 720
17	18	19	20	21
Egg Omelet w/ cheddar cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 662 Sodium 531	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots Fruit Nutritional Shake Calories 760 Sodium 735	Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake Calories 795 Sodium 443	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 767 Sodium 466	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Calories 874 Sodium 625
24	25	26	27	28
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Calories 741 Sodium 433	Curried Chicken Mashed Potatoes Carrots Fruit Nutritional Shake Calories 762 Sodium 509	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 802 Sodium 427	Holiday No Meals	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 734 Sodium 608
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CITY FRESH FOODS		Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303