

November 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
White Bean Chili w/ Shredded Cheese Green Beans & Red Peppers Whole Grain Buttermilk Biscuit Fruit Calories 723 Sodium 1000	Unstuffed Pepper Bowl w/ Lentils White Rice Mixed Vegetables Wheat Bread Vanilla Pudding Calories 832 Sodium 603	Garbanzo Beans in Tomato Caper Sauce Polenta Carrots Cornbread Loaf Banana Calories 746 Sodium 1002	Vegetarian Carbonara Whole Grain Pasta Broccoli Dinner Roll Chocolate Chip Cookie Calories 770 Sodium 824	Chik'n w/ Peppers & Onions Mashed Potatoes Green Peas Wheat Roll Peach Cup Calories 685 Sodium 740
10	11	12	13	14
3 Bean Chili w/ Shredded Cheese Mixed Root Vegetables Whole Grain Cornbread Bowl Orange Calories 726 Sodium 943	Holiday No Meals	Tuscan Chik'n Mashed Potatoes Vegetable Medley Dinner Roll Pear Cup Calories 834 Sodium 834	Vegetarian Meatloaf & Gravy White Rice Broccoli Hawaiian Roll Shortbread Cookie Calories 761 Sodium 921	Honey Garlic Tofu Orzo Green Beans & Red Peppers Wheat Bread Apple Calories 729 Sodium 348
17	18	19	20	21
Harvest Chik' w/ Apple Chutney Butternut Squash & Cranberry Couscous California Blend Vegetables Dinner Roll Chocolate Pudding Calories 862 Sodium 858	Veggie Sausage w/ Gravy Mashed Sweet Potatoes Vegetable Medley Cornbread Loaf Orange Calories 765 Sodium 909	Creamy Cajun Beans Whole Grain Pasta Brussel Sprouts Wheat Bread Apple Calories 750 Sodium 759	Roast Tofu & Gravy Mashed Potatoes & Stuffing Green Beans Dinner Roll Fudge Cookie Calories 725 Sodium 835	Cheese Ravioli (3 ea) w/ Lentil Bolognese & Parmesan Green Peas Wheat Roll Vanilla Pudding Calories 782 Sodium 878
24	25	26	27	28
Rosemary & Garlic White Beans Mashed Potatoes Carrots Cornbread Loaf Banana Calories 864 Sodium 1011	Chik'n Cutlet Sweet Potato Wedges Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 730 Sodium 844	Lentil Stew w/ Buttermilk Biscuit Broccoli Applesauce Calories 691 Sodium 677	Holiday No Meals	Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Wheat Roll Applesauce Calories 693 Sodium 1138
31				
		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