

December 2025

Mystic Valley Elder Services

City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Scampi (190) Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 776 Sodium 499	Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 747 Sodium 573	Turkey Meatloaf w/ Gravy (305) Mashed Potatoes (22) Carrots (40) Fruit (0) Hawaiian Roll (80) Calories 736 Sodium 582	Lentil Bolognese & Parmesan (232) Whole Grain Pasta (4) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 571 Sodium 541	Beef Stew (140) Roasted Potatoes (85) Vegetable Medley (37) Fruit (0) Wheat Roll (150) Calories 670 Sodium 547
8	9	10	11	12
Harvest Roasted Chicken (121) Mashed Butternut Squash (3) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 560 Sodium 426	Salmon w/ Lemon Wedge (56) Mashed Potatoes (23) Garlic Kale (31) Fruit (0) Wheat Roll (150) Calories 652 Sodium 395	Pot Roast w/ Gravy (245) Roasted Sweet Potato (22) Green Beans (3) Fruit (0) Wheat Roll (150) Calories 536 Sodium 555	Chicken Tacos (243) Brown Rice (3) Black Beans, Corn & Peppers (61) Fruit (0) Wheat Tortilla Wrap (135) Calories 715 Sodium 577	Whole Grain Cheese Lasagna (390) w/ Florentine Sauce (55) Carrots (40) Fruit (0) Wheat Roll (150) Calories 575 Sodium 770
15	16	17	18	19
Egg Omelet (240) Polenta (4) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 447 Sodium 573	White Fish w/ Pineapple & Mango Salsa (105) Brown Rice & Beans (65) Carrots (39) Fruit (0) Wheat Roll (150) Calories 662 Sodium 494	Lemon Ricotta Chicken (180) Baked Sweet Potato (21) Brussel Sprouts (10) Fruit (0) Wheat Roll (150) Calories 648 Sodium 496	American Chop Suey (Turkey) (225) Whole Grain Pasta (4) Green Beans w/ Red Peppers (2) Fruit (0) Wheat Bread (65) Calories 714 Sodium 431	Rosemary & Garlic Chicken (347) Mashed Potatoes (22) Broccoli (20) Fruit (0) Wheat Roll (150) Calories 732 Sodium 675
22	23	24	25	26
Braised Beef w/ Peppers & Onions (155) Quinoa (3) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 631 Sodium 463	Curried Chicken (195) Brown Rice (3) Carrots (56) Fruit (0) Wheat Roll (150) Calories 612 Sodium 539	Pork w/ Cranberry Apple Chutney(85) Mashed Potatoes (22) Mixed Root Vegetables (squash, carrot, turnip) (65) Fruit (0) Wheat Roll (150) Calories 681 Sodium 458	Holiday No Meals	White Bean & Chicken Chili (259) W/ shredded cheese (96) California Blend Vegetables (17) Fruit (0) Wheat Roll (150) Calories 593 Sodium 657
29	30	31		
Chicken Scampi (190) Pasta (4) Green Peas (20) Fruit (0) Wheat Roll (150) Calories 776 Sodium 499	Honey Mustard Chicken (205) Rice Pilaf (50) Mixed Vegetables (33) Fruit (0) Wheat Roll (150) Calories 747 Sodium 573	Turkey Meatloaf w/ Gravy (305) Mashed Potatoes (22) Carrots (40) Fruit (0) Hawaiian Roll (80) Calories 736 Sodium 582	Menu Subject to change. Totals Include 105 mg sodium for 1% 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