

December 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Broccoli & Cheddar Stuffed Chicken (410) Rice Pilaf (50) Mixed Root Vegetables (65) Cornbread Loaf (180) Pear (2) Calories 880 Sodium 842	Braised Beef & Vegetables (75) Mashed Potatoes (23) Vegetable Medley (54) Wheat Bread (65) Chocolate Pudding (135) Calories 830 Sodium 487	Pulled Pork Tacos (550) Cilantro Lime Rice (67) Black Beans, Corn & Peppers (61) Tortilla Wrap (135) Orange (0) Calories 680 Sodium 948	Chicken Pot Pie (215) Whole Grain Buttermilk Biscuit (370) Broccoli (38) Applesauce (2) Calories 768 Sodium 760	Tuscan White Fish (413) Roasted Potatoes (85) California Blend Vegetables (34) Wheat Roll (150) Fig Newton (180) Calories 737 Sodium 997
8	9	10	11	12
Maple-Bacon Glazed Chicken Thigh (220) Butternut Squash (12) Green Peas (20) Hawaiian Roll (80) Banana (1) Calories 898 Sodium 468	Beef Chili w/ Cheese (370) w/ Buttermilk Biscuit (370) Mixed Root Vegetables (65) Vanilla Pudding (130) Calories 800 Sodium 1070	Creamy Cajun Salmon (225) Whole Grain Pasta (4) Green Beans & Red Peppers (20) Wheat Bread (65) Peach Cup (5) Calories 770 Sodium 454	BBQ Chicken (357) Baked Beans (140) Broccoli (38) Cornbread Loaf (180) Chocolate Chip Cookie (80) Calories 856 Sodium 930	Meatloaf w/ Gravy (545) Garlic Mashed Potatoes (23) Carrots (56) Wheat Roll (150) Pear (2) Calories 698 Sodium 911
15	16	17	18	19
Cheese Ravioli (200) Turkey Bolognese & Parmesan (290) California Blend Vegetables (34) Wheat Bread (65) Orange (0) Calories 788 Sodium 724	Beef Stroganoff (200) Egg Noodles (7) Brussel Sprouts (26) Wheat Roll (150) Cinnamon Apples (3) Calories 752 Sodium 521	Cheesy Chicken Casserole w/ Seasoned Rice (555) Green Peas (20) Dinner Roll (100) Pear Fruit Cup (0) Calories 935 Sodium 810	Maple Glazed Honey Ham (690) Roasted Potatoes (85) Carrots (56) Dinner Roll (100) Chocolate Swirl (105) Calories 830 Sodium 1171	Egg & Cheese Broccoli Bake (315) Whole Grain Buttermilk Biscuit (370) Mixed Vegetables (51) Vanilla Pudding (130) Calories 732 Sodium 1001
22	23	24	25	26
Teriyaki Shrimp (560) White Rice (25) Edamame, Corn & Peppers (22) Cornbread Loaf (180) Banana (1) Calories 795 Sodium 923	Stewed Tomato Chicken (175) Rice Pilaf (50) Brussel Sprouts (26) Wheat Roll (150) Oatmeal Cookie (90) Calories 694 Sodium 626	Pot Roast w/ Gravy (590) Baked Sweet Potatoes (21) Mixed Vegetables (50) Cornbread Loaf (180) Apple (2) Calories 697 Sodium 978	Holiday No Meals	Herb Crusted White Fish w/ Lemon (345) Garlic Mashed Potatoes (23) Carrots (56) Wheat Bread (65) Chocolate Pudding (130) Calories 746 Sodium 759
29	30	31		
Chicken Anna Maria (468) Roasted Potatoes (85) Green Peas (20) Wheat Roll (150) Peach Cup (5) Calories 647 Sodium 863	American Chop Suey (Turkey) (220) Whole Grain Pasta (4) Vegetable Medley (54) Wheat Bread (65) Cinnamon Apples (3) Calories 733 Sodium 481	Homemade Fried Chicken (185) Black Eyed Peas (141) Beets & Greens (118) Cornbread Loaf (180) Pound Cake (240) Calories 1030 Sodium 999	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 