

December 2025

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Wheat Roll Applesauce Calories 693 Sodium 1138	Braised Veggie Sausage & Vegetables Mashed Potatoes Vegetable Medley Wheat Bread Chocolate Pudding Calories 698 Sodium 882	Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 699 Sodium 964	Vegetarian Pot Pie w/ Whole Grain Buttermilk Biscuit Broccoli Applesauce Calories 763 Sodium 910	Tuscan Fritters Roasted Potatoes California Blend Vegetables Wheat Roll Fig Newton Calories 810 Sodium 1079
8	9	10	11	12
Maple Glazed Chik'n Butternut Squash Green Peas Hawaiian Roll Banana Calories 820 Sodium 620	Creamy Cajun Beans Whole Grain Pasta Green Beans & Red Peppers Wheat Bread Peach Cup Calories 712 Sodium 756	3 Bean Chili w/ Cheese w/ Buttermilk Biscuit Mixed Root Vegetables Vanilla Pudding Calories 720 Sodium 1235 High Sodium Meal	BBQ Tofu Baked Beans Broccoli Cornbread Loaf Chocolate Chip Cookie Calories 822 Sodium 863	Vegetarian Meatloaf & Gravy Garlic Mashed Potatoes Carrots Cornbread Loaf Pear Calories 726 Sodium 891
15	16	17	18	19
Cheese Ravioli w/ Lentil Bolognese & Parmesan California Blend Vegetables Wheat Bread Orange Calories 741 Sodium 677	Vegetarian Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Apple Calories 790 Sodium 920	Cheesy Casserole Seasoned Rice Green Peas Dinner Roll Orange Calories 730 Sodium 735	Maple Glazed Veggie Sausage Roasted Potatoes Carrots Dinner Roll Chocolate Swirl Calories 865 Sodium 926	Egg & Cheese Broccoli Bake w/ Whole Grain Buttermilk Biscuit Mixed Vegetables Vanilla Pudding Calories 732 Sodium 1001
22	23	24	25	26
Teriyaki Tofu White Rice Edamame, Corn & Pepeprs Cornbread Loaf Banana Calories 898 Sodium 800	Stewed Tomato Garbanzo Beans Rice Pilaf Brussel Sprouts Wheat Bread Oatmeal Cookie Calories 691 Sodium 766	Veggie Sausage & Gravy Baked Sweet Potatoes Mixed Vegetables Cornbread Loaf Apple Calories 722 Sodium 908	Holiday No Meals	Veggie Fritters w/ Herbed Aioli Garlic Mashed Potatoes Carrots Wheat Bread Chocolate Pudding Calories 865 Sodium 938
29	30	31		
Chik'n Anna Maria Roasted Potatoes Green Peas Wheat Roll Banana Calories 837 Sodium 929	Vegetarian Chop Suey Whole Grain Pasta Vegetable Medley Wheat Bread Apple Calories 715 Sodium 790	Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Whole Grain Biscuit Banana Calories 822 Sodium 1056	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 