

January 2026

Mystic Valley Elder Services

City Fresh Cardiac

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Holiday - No Meals		Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 670 Sodium 547	140 85 37 0 150
5		6		7		8		9	
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	121 3 17 0 150	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 652 Sodium 395	56 23 31 0 150	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 536 Sodium 555	245 22 3 0 150	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 715 Sodium 577	243 3 61 0 135	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Wheat Roll Calories 575 Sodium 770	390 55 40 0 150
12		13		14		15		16	
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 447 Sodium 573	240 15 33 0 150	White Fish w/ Pineapple & Mango Brown Rice & Beans Carrots Fruit Wheat Roll Calories 662 Sodium 494	105 65 39 0 150	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 648 Sodium 496	180 21 10 0 150	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 714 Sodium 431	225 4 2 0 65	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 732 Sodium 675	347 23 20 0 150
19		20		21		22		23	
Holiday - No Meals	560 25 22 180 1	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 612 Sodium 539	195 3 56 0 150	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot) Fruit Wheat Roll Calories 817 Sodium 458	85 23 65 0 150	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 565	264 4 10 0 150	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Wheat Roll Calories 593 Sodium 657	259 96 17 0 150
26		27		28		29		30	
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 776 Sodium 499	190 4 20 0 150	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 747 Sodium 573	205 50 33 0 150	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 736 Sodium 582	305 22 40 0 80	Lentil Bolognese & Parmesan Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 571 Sodium 541	232 4 20 0 150	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 670 Sodium 547	140 85 37 0 150

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount listed.