

January 2026

Mystic Valley Elder Services

City Fresh Low Lactose

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Holiday - No Meals		Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 mg	
5		6		7		8		9	
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446 mg		Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 661 Sodium 415 mg		Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 574 mg		Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 669 Sodium 501 mg		Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread Calories 630 Sodium 477 mg	
12		13		14		15		16	
Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693 mg		White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll Calories 670 Sodium 514 mg		Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480 mg		American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 725 Sodium 451 mg		Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695 mg	
19		20		21		22		23	
Holiday - No Meals		Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559 mg		Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, tur Fruit Wheat Roll Calories 690 Sodium 482 mg		Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583 mg		White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 mg	
26		27		28		29		30	
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 785 Sodium 519 mg		Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593 mg		Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 745 Sodium 602 mg		Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472 mg		Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 mg	

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.