

January 2026

Mystic Valley Elder Services

City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Holiday - No Meals		Waldorf Chicken Salad Sandwich Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Tomato Cucumber Salad Pudding Calories 797 Sodium 633	160 75 90 73 130
5		6		7		8		9	
Greek Pasta Salad w/ Chicken, Olives & Feta Sweet Potato & Craisin Salad Wheat Roll Applesauce Calories 760 Sodium 523	232 - 34 150 2	Turkey & Provolone Cheese on Wheat Bread Pea Salad Carrot Raisin Salad Shortbread Cookie Calories 904 Sodium 1267	570 130 188 124 150	Chicken Salad Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Broccoli Salad Chocolate Pudding Calories 983 Sodium 819	160 130 142 147 135	Ham & Swiss Cheese Sandwich on Wheat Bun Macaroni Salad Beet Salad Apple Calories 856 Sodium 1108	650 75 184 92 2	Egg Salad Sandwich Wheat Hamburger Bun Italian Pasta Salad Brussel Sprout Salad Orange Calories 826 Sodium 678	287 75 195 16 0
12		13		14		15		16	
Turkey & Cheese Sandwich Wheat Hamburger Bun Italian Pasta Salad Beet Salad Pudding Mayo Calories 780 Sodium 1182	530 75 195 92 130 55	Roast Beef & Swiss Cheese Wheat Bread (2 slices) Corn & Red Pepper Salad Cole Slaw Pear Cup Mustard Calories 835 Sodium 673	280 130 7 96 0 55	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Broccoli Salad Dinner Roll Banana Calories 795 Sodium 783	430 - 147 100 1	Honey Mustard Chicken Salad Wheat Bread (2 slices) Chickpea, Craisin & Apple Salad Tomato Cucumber Salad Pound Cake Calories 870 Sodium 897	260 130 199 73 240	Tuna Salad w/ Lettuce Wheat Hamburger Bun Ranch Pasta Salad Zucchini Salad Applesauce Calories 912 Sodium 758	403 0 75 178 130 2
19		20		21		22		23	
Holiday - No Meals		Turkey & Provolone Cheese Wheat Hamburger Bun Sweet Potato & Craisin Salad Pickled Cabbage Slaw Chocolate Pudding Calories 737 Sodium 927	570 75 34 8 135	Buffalo Chicken & Cheese Wheat Hamburger Bun Artichoke, Feta & Roasted Pepper Couscous Salad Beet Salad Vanilla Cupcake Calories 687 Sodium 1169	525 75 142 92 230	Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Chickpeas, Craisin & Apple Salad Cornbread Loaf Pear Calories 870 Sodium 897	411 - 199 180 2	Egg Salad Sandwich Wheat Bun Italian Pasta Salad Cole Slaw Orange Calories 912 Sodium 758	287 75 195 96 0
26		27		28		29		30	
Ham & Cheese (Contains pork) Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Beet Salad Pudding Calories 744 Sodium 1142	650 75 90 92 13-	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Ranch Pasta Salad Wheat Roll Applesauce Honey Mustard Dressing Calories 752 Sodium 1062	407 - 178 150 2 220	Turkey & Swiss Cheese Sandwich Wheat Hamburger Bun Potato Salad Carrot Raisin Salad Oatmeal Cookie Calories 733 Sodium 1084	440 75 250 124 90	Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Shaved Brussel Sprout Salad Banana Calories 907 Sodium 765	463 - 180 16 1	Waldorf Chicken Salad Sandwich Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Tomato Cucumber Salad Peach Cup Calories 737 Sodium 508	160 75 90 73 5

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.