

March 2026

Mystic Valley Elder Services

City Fresh Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Cal:477 CHO:51g Na:280mg	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Cal:575 CHO:60g Na:250mg	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Cal:455 CHO:53g Na:405mg	Chicken Taco w/ Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Cal:608 CHO:61g Na:578mg	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Cal:495 CHO:66g Na:624mg
9	10	11	12	13
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Cal:485 CHO:53g Na:595mg	White Fish w/ Pineapple-Mango Salsa Brown Rice & Beans Carrots Fruit Cal:560 CHO:71g Na:346mg	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Cal:568 CHO:51g Na:350mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Cal:585 CHO:60g Na:365mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Cal:652 CHO:63g Na:530mg
16	17	18	19	20
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Cal:551 CHO:63g Na:315mg	Curried Chicken Brown Rice Carrots Fruit Cal:630 CHO:72g Na:395mg	Pork w/ Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turn) Fruit Cal:605 CHO:67g Na:377mg	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Cal:560 CHO:60g Na:356mg	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Cal:513 CHO:62g Na:575mg
23	24	25	26	27
Chicken Scampi Pasta Green Peas Fruit Cal:696 CHO:74g Na:350mg	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Cal:665 CHO:70g Na:426mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Cal:635 CHO:57g Na:502mg	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Cal:452 CHO:74g Na:398mg	Beef Stew Roasted Potatoes Vegetable Medley Fruit Cal: 590 CHO:65g Na:592mg
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Cal:477 CHO:51g Na:280mg	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Cal:575 CHO:60g Na:250mg			

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.