

March 2026

Mystic Valley Elder Services

City Fresh Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	121 Salmon w/ Lemon Wedge 3 Mashed Potatoes 17 Garlic Kale 0 Fruit 150 Wheat Roll Calories 652 Sodium 395	56 Pot Roast w/ Gravy 23 Roasted Sweet Potato 31 Green Beans 0 Fruit 150 Wheat Roll Calories 536 Sodium 555	245 Chicken Tacos 22 Brown Rice 3 Black Beans, Corn & Peppers 0 Fruit 150 Wheat Tortilla Wrap (1) Calories 715 Sodium 577	243 Whole Grain Cheese Lasagna 3 w/ Florentine Sauce 61 Carrots 0 Fruit 135 Wheat Roll Calories 575 Sodium 770
9	10	11	12	13
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 447 Sodium 573	240 White Fish w/ Pineapple & Mango 15 Brown Rice & Beans 33 Carrots 0 Fruit 150 Wheat Roll Calories 662 Sodium 494	105 Lemon Ricotta Chicken 65 Baked Sweet Potato 39 Brussel Sprouts 0 Fruit 150 Wheat Roll Calories 648 Sodium 496	180 American Chop Suey (Turkey) 21 Whole Grain Pasta 10 Green Beans w/ Red Peppers 0 Fruit 150 Wheat Bread Calories 714 Sodium 431	225 Rosemary & Garlic Chicken 4 Mashed Potatoes 2 Broccoli 0 Fruit 65 Wheat Roll Calories 732 Sodium 675
16	17	18	19	20
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	155 Curried Chicken 3 Brown Rice 20 Carrots 0 Fruit 150 Wheat Roll Calories 612 Sodium 539	195 Pork w/ Cranberry Apple Chutney 3 Mashed Potatoes 56 Mixed Root Veg (squash,carrot,turnip) 0 Fruit 150 Wheat Roll Calories 817 Sodium 458	85 Stewed Tomato White Fish 23 Couscous 65 Brussel Sprouts 0 Fruit 150 Wheat Roll Calories 638 Sodium 565	264 White Bean & Chicken Chili 4 w/ Shredded Cheese 10 California Blend Vegetables 0 Fruit 150 Wheat Roll Calories 593 Sodium 657
23	24	25	26	27
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 776 Sodium 499	190 Honey Mustard Chicken 4 Rice Pilaf 20 Mixed Vegetables 0 Fruit 150 Wheat Roll Calories 747 Sodium 573	205 Turkey Meatloaf w/ Gravy 50 Mashed Potatoes 33 Carrots 0 Fruit 150 Hawaiian Roll Calories 736 Sodium 582	305 Lentil Bolognese & Parmesan 22 Whole Grain Pasta 40 Broccoli 0 Fruit 80 Wheat Roll Calories 571 Sodium 541	232 Beef Stew 4 Roasted Potatoes 20 Vegetable Medley 0 Fruit 150 Wheat Roll Calories 670 Sodium 547
30	31			
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 560 Sodium 426	121 Salmon w/ Lemon Wedge 3 Mashed Potatoes 17 Garlic Kale 0 Fruit 150 Wheat Roll Calories 652 Sodium 395	56 23 31 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.