

March 2026

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Bread Orange Calories 716 Sodium 825	Tuscan Chicken w/ Orzo California Blend Vegetables Wheat Roll Apple Calories 752 Sodium 727	Roast Turkey & Gravy Mashed Potatoes Green Peas Wheat Roll Pear Fruit Cup Calories 617 Sodium 908	Torta di Polenta (Pork Sausage & Beef) Polenta w/Cheese Kale & Peppers Cornbread Loaf Vanilla Pudding Calories 936 Sodium 961	Potato Pollock Sweet Potato Wedges Green Beans w/ Red Peppers Hawaiian Roll Shortbread Cookie Tartar Sauce Calories 801 Sodium 975
9	10	11	12	13
Seafood Cajun Pasta Whole Grain Pasta Green Peas Wheat Bread Lemon Cookie Calories 842 Sodium 824	Beef w/Onions & Peppers White Rice Broccoli Dinner Roll Cinnamon Apples Calories 786 Sodium 434	Honey Mustard Chicken Butternut Squash Vegetable Medley Dinner Roll Pear Calories 786 Sodium 565	Pot Roast w/Brown Gravy Mashed Potatoes Brussel Sprouts Hawaiian Roll Chocolate Pudding Calories 627 Sodium 986	3 Bean Chili w/Shredded cheese Green Beans & Red Peppers Cornbread Bowl Orange Calories 715 Sodium 880
16	17	18 St. Patrick's Day Special	19	20
Herb Crusted Fish w/Lemon Rice Pilaf Broccoli Pound Cake Wheat Roll Calories 841 Sodium 959	Cheese Ravioli w/ Turkey Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Calories 741 Sodium 677	Corned Beef & Cabbage Boiled Potatoes Carrots Wheat Roll Shamrock Cookie High Sodium Meal Calories 614 Sodium 1264	Stewed Tomato Chicken White Rice Vegetable Medley Whole Grain Cornbread Loaf Orange Calories 839 Sodium 607	Egg & Cheese Broccoli Bake Whole Grain Biscuit Mixed Vegetables Banana Calories 964 Sodium 872
23	24	25	26	27
Honey Glazed Salmon Roasted Sweet Potatoes California Blend Vegetables Wheat Roll Pear Cup Calories 710 Sodium 487	Creamy Turkey & Spinach Casserole w/Orzo Green Peas w/ Red Peppers Cornbread Loaf Oatmeal Cookie Calories 877 Sodium 973	Beef Stew Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Calories 767 Sodium 818	Broccoli Cheddar Stuffed Chicken Rice Pilaf Mixed Root Vegetables Wheat Roll Apple Calories 768 Sodium 812	White Fish Picatta Mashed Potatoes Carrots Whole Grain Cornbread Loaf Pear Calories 737 Sodium 784
30	31			
Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Calories 701 Sodium 991	Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Whole Grain Biscuit Cinnamon Apples Calories 862 Sodium 822			



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.