

March 2026

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Greek Pasta Salad w/ Chicken, Olives & Feta Sweet Potato & Craisin Salad Wheat Roll Applesauce Calories 760 Sodium 523	232 Ham & Swiss Cheese Sandwich - Wheat Bun 34 Macaroni Salad 150 Beet Salad 2 Banana Mustard Calories 856 Sodium 1162	650 Chicken Salad 75 Wheat Bread 184 Artichoke, Feta & Roasted Pepper & 92 Couscous Salad 1 Broccoli Salad 55 Chocolate Pudding Calories 983 Sodium 819	160 Turkey & Provolone Cheese 130 Wheat Bread 142 Pea Salad Tomato Cucumber Salad 147 Fruit Cup 135 Mayo Calories 904 Sodium 1121	570 Egg Salad Sandwich 130 Wheat Hamburger Bun 188 Italian Pasta Salad 73 Carrot Raisin Salad 2 Shorbread Cookie 55 Calories 826 Sodium 936
9	10	11	12	13
Turkey & Cheese Sandwich Wheat Hamburger Bun Italian Pasta Salad Beet Salad Apple Mayo Calories 780 Sodium 1054	530 Roast Beef & Swiss Cheese 75 Wheat Bread 195 Corn & Red Pepper Salad 92 Cole Slaw 2 Oatmeal Cookie 55 Mustard Calories 835 Sodium 823	280 Tortellini Pasta Salad w/ Beans 130 Spinach & Sundried Tomatoes 7 Broccoli Salad 96 Dinner Roll 150 Banana 55 Calories 795 Sodium 783	430 Honey Mustard Chicken Salad - Wheat Bread 147 Chickpea & Red Pepper Salad 100 Shaved Brussel Sprout Salad 1 Pound Cake Calories 987 Sodium 950	260 Tuna Salad 130 w/ Lettuce 199 Wheat Hamburger Bun 16 Ranch Pasta Salad 240 Zucchini Salad Fruit Cup Calories 809 Sodium 893
16	17	18	19	20
Curried Chicken Salad Whole grain Croissant Butternut Squash & Cranberry Couscous Salad Pea Salad Applesauce Calories 737 Sodium 740	162 Turkey & Provolone Cheese 190 Wheat Hamburger Bun 90 Sweet Potato & Craisin Salad Pickled Cabbage Slaw 188 Chocolate Pudding 5 Mayo Calories 737 Sodium 982	570 Buffalo Chicken & Cheese 75 Wheat Hamburger Bun 34 Artichoke, Feta & Roasted Pepper 8 Couscous Salad 135 Beet Salad 55 Apple / Mayo Calories 687 Sodium 996	525 Caprese Pasta Salad 75 w/ Mozzarella, Tomatoes & Basil 142 Chickpeas, Craisin & Apple Salad Cornbread Loaf 92 Orange 55 Calories 870 Sodium 896	411 Egg Salad Sandwich - Wheat Bun 199 Italian Pasta Salad 180 Cole Slaw 1 Fig Newton Calories 912 Sodium 938
23	24	25	26	27
Ham & Cheese (Contains pork) Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Beet Salad Apple Calories 744 Sodium 1068	650 Crispy Chicken Salad over 75 Romaine, Tomatoes, Cucumbers 90 Ranch Pasta Salad Wheat Roll 92 Banana 1 Honey Mustard Dressing Calories 752 Sodium 1061	440 Turkey & Swiss Cheese Sandwich - Wheat Hamburger Bun 178 Potato Salad 150 Tomato Cucumber Salad 1 Pear Fruit Cup 220 Mustard Calories 733 Sodium 1000	440 Whole Grain Tuna Pasta Salad 75 w/ Green Peas 250 Cornbread Loaf 73 Shaved Brussel Sprout Salad 2 Oatmeal Cookie 55 Calories 907 Sodium 854	463 Caprese Pasta Salad - w/ Mozzarella, Tomatoes & Basil 180 Chickpeas, Craisin & Apple Salad 16 Cornbread Loaf 90 Orange Calories 860 Sodium 896
30	31			
Waldorf Chicken Salad Sandwich Wheat Hamburger Bun Italian Pasta Salad Carrot Raisin Salad Peach Fruit Cup Calories 737 Sodium 664	160 Turkey & Swiss Cheese Sandwich 75 Wheat Hamburger Bun 195 Sweet Potato & Craisin Salad 124 Pickled Cabbage Slaw 5 Chocolate Pudding Mayo Calories 810 Sodium 852	440 75 34 8 135 55		



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.