

March 2026

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Bread Orange Calories 645 Sodium 772 mg	3 Tuscan Chik'n w/ Orzo California Blend Vegetables Wheat Roll Apple Calories 812 Sodium 848 mg	4 Roast Tofu w/ Gravy Mashed Potatoes Green Peas Wheat Roll Pear Fruit Cup Calories 635 Sodium 503 mg	5 Vegetarian Torta di Polenta Polenta w/Cheese Kale & Peppers Cornbread Loaf Vanilla Pudding Calories 825 Sodium 1097 mg	6 Vegetarian Torta di Polenta Polenta w/Cheese Kale & Peppers Cornbread Loaf Vanilla Pudding Tartar Sauce Calories 763 Sodium 977 mg
9 Creamy Cajun Beans Whole Grain Pasta Green Peas Wheat Bread Lemon Cookie Calories 879 Sodium 851 mg	10 Tofu w/ Onions & Peppers White Rice Broccoli Dinner Roll Cinnamon Apples Calories 630 Sodium 371 mg	11 Honey Mustard Chik'n Butternut Squash Vegetable Medley Dinner Roll Pear Calories 820 Sodium 778 mg	12 Veggie Sausage w/ Gravy Mashed Potatoes Brussel Sprouts Hawaiian Roll Chocolate Pudding Calories 652 Sodium 919 mg	13 3 Bean Chili w/Shredded cheese Green Beans & Red Peppers Cornbread Bowl Orange Calories 715 Sodium 880 mg
16 Veggie Fritters w/ Herbed Aioli Rice Pilaf Broccoli Pound Cake Wheat Roll Calories 959 Sodium 1139 mg	17 Cheese Ravioli w/ Lentil Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Calories 756 Sodium 699 mg	18 Veggie Sausage & Cabbage Boiled Potatoes Carrots Wheat Roll Shamrock Cookie Calories 648 Sodium 969 mg	19 Stewed Tomato Garbanzo Beans White Rice Vegetable Medley Whole Grain Cornbread Loaf Orange Calories 739 Sodium 919 mg	20 Egg & Cheese Broccoli Bake w/ Whole Grain Biscuit Mixed Vegetables Banana Calories 964 Sodium 872 mg
23 Honey Glazed Chik'n Roasted Sweet Potatoes California Blend Vegetables Wheat Roll Pear Cup Calories 732 Sodium 790 mg	24 Creamy Bean & Spinach Casserole w/Orzo Green Peas w/ Red Peppers Cornbread Loaf Oatmeal Cookie Calories 1125 Sodium 897 mg	25 Lentil Stew w/ Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Calories 755 Sodium 811 mg	26 Chik'n Cutlet & Gravy Rice Pilaf Mixed Root Vegetables Wheat Roll Apple Calories 773 Sodium 970 mg	27 Tofu & Artichoke Picatta Mashed Potatoes Carrots Whole Grain Cornbread Loaf Pear Calories 783 Sodium 649 mg
30 Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Calories 701 Sodium 991 mg	31 Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Whole Grain Biscuit Cinnamon Apples Calories 762 Sodium 1060 mg			

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.