



# Mystic Valley Elder Services October 2024

## City Fresh Chilled Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE</b>  To cancel a meal please call MVES Nutrition Dept at least one day in advance before 11:30 am.  <b>781-388-2303</b>	<b>1</b>  Potato Pollock Sweet Potato Wedges Green Peas Wheat Roll Fruit Snack Loaf Tartar Sauce  Cal:868 CHO:107g Na:1005mg	<b>2</b>  Meatballs & Marinara (Beef) Whole Grain Pasta Green Beans w/ Red Peppers Garlic Bread Banana  Cal:713 CHO:99g Na:944mg	<b>3</b>  <b>Fall Special Meal</b> Harvest Roasted Chicken w/ Apple Chutney Mashed Potatoes Brussel Sprouts Wheat Bread Pound Cake  Cal:826 CHO:106g Na:713mg	<b>4</b>  Pulled Pork Tacos w/ Lime Wedge Mexican Rice Black Beans & Corn Mini Tortillas (2) Fruit Cup  Cal:836 CHO:118g Na:997mg
<b>7</b>  Beef Teriyaki White Rice Carrots Dinner Roll Mixed Fruit  Cal:749 CHO:99g Na:945mg	<b>8</b>  Stewed Chicken Polenta Vegetable Medley Cornbread Loaf Pear  Cal:715 CHO:103g Na:515mg	<b>9</b>  Tuscan White Fish Rice Pilaf Mixed Vegetables Wheat Bread Chocolate Pudding  Cal:857 CHO:103g Na:910mg	<b>10</b>  Roast Turkey w/ Gravy Mashed Potatoes Green Beans w/ Red Peppers Cornbread Loaf Oatmeal Cookie  Cal:725 CHO:83g Na:949mg	<b>11</b>  <b>Holiday Meal</b> Pumpkin & Cheese Ravioli in Sage Cream Sauce Broccoli Bread Stick, Cinnamon Apples  Cal:895 CHO:122g Na:810mg
<b>14</b>  Holiday - No Meals	<b>15</b>  Hawaiian Chicken (contains pineapple) Sweet Rice Carrots Wheat Bread Pear  Cal:814 CHO:111g Na:534mg	<b>16</b>  Pork Cacciatore Roasted Potatoes Mixed Vegetables Wheat Bread Mini Apple Bites  Cal:887 CHO:104g Na:661mg	<b>17</b>  Unstuffed Pepper Bowl w/ Ground Beef White Rice Kale & Peppers Wheat Roll Peach  Cal:816 CHO:72g Na:615mg	<b>18</b>  Shrimp in Tomato Caper Sauce Orzo Green Beans w/ Red Peppers Breadstick Vanilla Pudding  Cal:670 CHO:91g Na:1181mg
<b>21</b>  Maple-Bacon Glazed Chicken Sweet Potatoes Brussel Sprouts Wheat Bread Fruit Cup  Cal:776 CHO:122g Na:786mg	<b>22</b>  Italian Sausage Abruzzi Bowtie Pasta Vegetable Medley Wheat Roll Pears  Cal:801 CHO:95g Na:1131mg	<b>23</b>  Meatloaf w/ Gravy Mashed Potatoes Broccoli Hawaiian Roll Fruit Snack Loaf  Cal:797 CHO:91g Na:1064mg	<b>24</b>  Whole Grain Cheese Lasagna w/ Turkey Bolognese Carrots Garlic Breadstick Peach  Cal:796 CHO:89g Na:1040mg	<b>25</b>  BBQ Chicken Baked Beans California Blend Vegetables White Roll Fruit Cup  Cal:765 CHO:104g Na:944mg
<b>28</b>  Creamy Garlic Salmon Rice Pilaf Garlic Kale White Roll Chocolate Pudding  Cal:1006 CHO:100g Na:1003mg	<b>29</b>  Powerhouse Turkey Chili w/ Sweet Potatoes w/ Shredded Cheese California Blend Vegetables Whole Grain Biscuit Pear  Cal:910 CHO:101g Na:1007mg	<b>30</b>  Hot Dog Baked Beans Carrots Brown Bread (1oz) Banana  Cal:771 CHO:88g Na:1052mg	<b>31</b>  <b>High Sodium Meal</b> Honey Mustard Crispy Chicken Roasted Potatoes Mixed Vegetables Wheat Bread, Vanilla Pudding  Cal:852 CHO:100g Na:1262mg	Milk is served daily.  Total includes 125mg Na+ 8oz of milk served daily