



# Mystic Valley Elder Services October 2024

## City Fresh - Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of 2% milk served with meal daily</p>	<p>1 Tomato Bruschetta Chicken Couscous Kale &amp; Corn Fruit Margarine</p>	<p>2 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Margarine</p>	<p>3 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Margarine</p>	<p>4 Maple Glazed Chicken (2oz sauce) Sweet Potatoes Brussel Sprouts Fruit Margarine</p>
	Cal:716 CHO:66g Na:475mg	Cal:552 CHO:62g Na:597mg	Cal:570 CHO:66g Na:695mg	Cal:570 CHO:72g Na:265mg
<p>7 Shrimp Scampi Spaghetti Green Peas Fruit Margarine</p>	<p>8 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Margarine</p>	<p>9 Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Margarine</p>	<p>10 Lentil Bolognese &amp; Parm Cheese Whole Grain Pasta Broccoli Fruit Margarine</p>	<p>11 Beef Stroganoff White Rice Carrots Fruit Margarine</p>
Cal:545 CHO:66g Na:560mg	Cal:665 CHO:63g Na:520mg	Cal:590 CHO:58g Na:750mg	Cal:505 CHO:68g Na:530mg	Cal:590 CHO:61g Na:655mg
<p>14 Holiday - No Meals</p>	<p>15 Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Margarine</p>	<p>16 Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Margarine</p>	<p>17 Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Margarine</p>	<p>18 Whole Grain Pasta w/ Turkey Bolognese &amp; Parm Cheese Carrots Fruit Margarine</p>
	Cal:525 CHO:61g Na:600mg	Cal:705 CHO:67g Na:302mg	Cal:650 CHO:61g Na:630mg	Cal:520 CHO:56g Na:470mg
<p>21 Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Margarine</p>	<p>22 Ground Beef Stuffed Pepper Quinoa &amp; Brown Rice California Blend Vegetables Fruit Margarine</p>	<p>23 Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Margarine</p>	<p>24 Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Margarine</p>	<p>25 Rosemary &amp; Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Margarine</p>
Cal:560 CHO:60g Na:812mg	Cal:621 CHO:60g Na:300mg	Cal:602 CHO:60g Na:620mg	Cal:550 CHO:60g Na:428mg	Cal:605 CHO:58g Na:452mg
<p>28 American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Margarine</p>	<p>29 Tomato Bruschetta Chicken Couscous Kale &amp; Corn Fruit Margarine</p>	<p>30 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Margarine</p>	<p>31 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Margarine</p>	<p><b>Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303</b></p>
Cal:570 CHO:58g Na:455mg	Cal:716 CHO:66g Na:475mg	Cal:552 CHO:62g Na:597mg	Cal:570 CHO:66g Na:695mg	