



Mystic Valley Elder Services October 2024

City Fresh - Cardiac HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of 1% milk served with meal daily	1 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Margarine	2 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Wheat Roll Margarine	3 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Wheat Roll Margarine	4 Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Margarine
	Cal:748 CHO:82g Na:594mg	Cal:612 CHO:71g Na:758mg	Cal:590 CHO:80g Na:848mg	Cal:651 CHO:96g Na:406mg
7 Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Margarine	8 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Margarine	9 Roast Turkey w/ Gravy Mashed Potatoes Tuscan Vegetable Blend Fruit Wheat Roll Margarine	10 Lentil Bolognese & Parmesan Whole Grain Pasta Broccoli Fruit Wheat Roll Margarine	11 Beef Stroganoff White Rice Carrots Fruit Wheat Roll Margarine
Cal:590 CHO:75g Na:731mg	Cal:695 CHO:73g Na:619mg	Cal:585 CHO:75g Na:893mg	Cal:550 CHO:80g Na:756mg	Cal:686 CHO:82g Na:530mg
14 Holiday - No Meals	15 Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Wheat Roll Margarine	16 Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Margarine	17 Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Margarine	18 Turkey Bolognese w/ Parm Garnish Whole Grain Pasta Carrots Fruit Wheat Roll Margarine
	Cal:625 CHO:85g Na:722mg	Cal:705 CHO:75g Na:435mg	Cal:638 CHO:71g Na:671mg	Cal:585 CHO:80g Na:620mg
21 Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Margarine	22 Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Wheat Roll Margarine	23 Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Wheat Roll Margarine	24 Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Margarine	25 Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Wheat Roll Margarine
Cal:600 CHO:79g Na:935mg	Cal:700 CHO:68g Na:496mg	Cal:640 CHO:78g Na:753mg	Cal:634 CHO:86g Na:563mg	Cal:677 CHO:80g Na:580mg
28 American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Margarine	29 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Margarine	30 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Wheat Roll Margarine	31 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Wheat Roll Margarine	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
Cal:610 CHO:72g Na:586mg	Cal:748 CHO:82g Na:594mg	Cal:612 CHO:71g Na:758mg	Cal:590 CHO:80g Na:848mg	