



Mystic Valley Elder Services October 2024

City Fresh - Chopped HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of 2% milk served with meal daily	1 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Nutritional Shake Margarine Cal:826 CHO:83g Na:560mg	2 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Margarine Cal:770 CHO:90g Na:723mg	3 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Nutritional Shake Margarine Cal:770 CHO:100g Na:813mg	4 Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Margarine Cal:818 CHO:97g Na:498mg
	7 Shrimp Scampi Pasta Green Peas Pudding Nutritional Shake Margarine Cal:790 CHO:104g Na:824mg	8 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Margarine Cal:725 CHO:85g Na:584mg	9 Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Nutritional Shake Margarine Cal:726 CHO:81g Na:858mg	10 Lentil Bolognese & Parmesan Pasta Broccoli Fruit Nutritional Shake Margarine Cal:685 CHO:100g Na:641mg
14 Holiday - No Meals	15 Lemon & Herb White Fish Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Margarine Cal:738 CHO:92g Na:687mg	16 Chicken w/ Balsamic Tomatoes Couscous Broccoli Fruit Nutritional Shake Margarine Cal:887 CHO:98g Na:399mg	17 Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Nutritional Shake Margarine Cal:868 CHO:94g Na:636mg	18 Whole Grain Pasta Turkey Bolognese w/ Parm Garnish Carrots Fruit Nutritional Shake Margarine Cal:746 CHO:85g Na:585mg
21 Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Pudding Nutritional Shake Margarine Cal:790 CHO:98g Na:1029mg	22 Ground Beef & Pepper Bowl Quinoa & Brown Rice California Blend Vegetables Fruit Nutritional Shake Margarine Cal:815 CHO:88g Na:461mg	23 Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Nutritional Shake Margarine Cal:775 CHO:90g Na:718mg	24 Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Nutritional Shake Margarine Cal:748 CHO:93g Na:528mg	25 Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Margarine Cals:805 CHO:94g Na:515mg
28 American Chop Suey (Turkey) Whole Grain Pasta Broccoli Pudding Nutritional Shake Margarine Cal:821 CHO:98g Na:681mg	29 Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Nutritional Shake Margarine Cal:826 CHO:83g Na:560mg	30 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Margarine Cal:770 CHO:90g Na:723mg	31 Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Nutritional Shake Margarine Cal:770 CHO:100g Na:813mg	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