



# Mystic Valley Elder Services October 2024

## City Fresh - Vegetarian HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of milk served with meal daily	<b>1</b> Falafel Nuggets Sweet Potato Wedges Green Peas Wheat Roll Fruit Snack Loaf Margarine Cal:784 CHO:112g Na:900mg	<b>2</b> Meatballs & Marinara (Vegetarian) Whole Grain Pasta Green Beans w/ Red Peppers Garlic Bread Fruit Margarine Cal:681 CHO:84g Na:990mg	<b>3</b> Harvest Roasted Chik'n w/ Apple Chutney Mashed Potatoes Broccoli Wheat Bread Pound Cake, Margarine Cal:832 CHO:116g Na:955mg	<b>4</b> Refried Bean & Cheese Tacos w/ Lime Mexican Rice Black Beans & Corn Mini Tortillas (2) Fruit Margarine Cal:830 CHO:130g Na:1196mg
	<b>7</b> Teriyaki Tofu White Rice Carrots Dinner Roll Mixed Fruit Margarine Cal:794 CHO:121g Na:902mg	<b>8</b> Stewed Beans Polenta Vegetable Medley Cornbread Loaf Fruit Margarine Cal:731 CHO:115g Na:731mg	<b>9</b> Tuscan Fritters Rice Pilaf Mixed Vegetables Wheat Bread Chocolate Pudding Margarine Cal:892 CHO:120g Na:905mg	<b>10</b> Roasted Tofu w/ Gravy Mashed Potatoes Green Beans Cornbread Loaf Oatmeal Cookie Margarine Cal:710 CHO:85g Na:779mg
<b>14</b> Holiday - No Meals	<b>15</b> Hawaiian Chik'n (contains pineapple) Sweet Rice Carrots Wheat Bread Fruit Margarine Cal:762 CHO:98g Na:532mg	<b>16</b> Veggie Sausage Cacciature Roasted Potatoes Mixed Vegetables Wheat Bread Mini Apple Bites Margarine Cal:886 CHO:113g Na:985mg	<b>17</b> Unstuffed Pepper Bowl w/ Lentils White Rice Kale & Peppers Wheat Roll Fruit Margarine Cal:742 CHO:103g Na:537mg	<b>18</b> Tofu with Tomato Caper Sauce Orzo Green Beans w/ Red Peppers Breadstick Vanilla Pudding Margarine Cal:727 CHO:96g Na:849mg
<b>21</b> Maple-Bacon Glazed Chik'n Sweet Potatoes Brussel Sprouts Wheat Bread Fruit Cup Margarine Cal:885 CHO:135g Na:761mg	<b>22</b> Veggie Sausage Abruzzi Bowtie Pasta Vegetable Medley Wheat Roll Fruit Margarine Cal:715 CHO:100g Na:1073mg	<b>23</b> Vegetarian Meatloaf w/ Gravy Mashed Potatoes Broccoli Hawaiian Roll Fruit Snack Loaf Margarine Cal:725 CHO:99g Na:1011mg	<b>24</b> Whole Grain Cheese Lasagna w/ Lentil Bolognese Carrots Garlic Breadstick Fruit Margarine Cal:762 CHO:110g Na:1049mg	<b>25</b> BBQ Chickpeas Baked Beans California Blend Vegetables White Roll Fruit Margarine Cal:678 CHO:111g Na:1039mg
<b>28</b> Vegetarian Carbonara Whole Grain Pasta Garlic Kale White Roll Chocolate Pudding Margarine Cal:818 CHO:91g Na:1017mg	<b>29</b> Powerhouse Bean Chili w/ Sweet Potatoes w/ Shredded Cheese California Blend Vegetables Whole Grain Biscuit Fruit, Margarine Cal:730 CHO:102g Na:1072mg	<b>30</b> Veggie Fritters Vegetable Rice Pilaf Green Peas Wheat Roll Fruit Margarine Cal:745 CHO:110g Na:665mg	<b>31</b> Honey Mustard Chik'n Patty Roasted Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding Margarine Cal:817 CHO:102g Na:950mg	<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>