



# MYSTIC VALLEY ELDER SERVICES

## September 2024

### City Fresh - Carbohydrate Controlled Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Holiday - No Meals	Tomato Bruschetta Chicken Couscous Kale & Corn Fruit Milk Margarine	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Milk Margarine	<u>Whole Grain Cheese Lasagna</u> w/ Florentine Sauce California Blend Vegetables Fruit Milk Margarine	Maple Glazed Chicken (2oz sauce) Sweet Potatoes Brussel Sprouts Fruit Milk Margarine
	Cal:716 CHO:66g Na:475mg	Cal:552 CHO:62g Na:597mg	Cal:570 CHO:66g Na:695mg	Cal:570 CHO:72g Na:265mg
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Shrimp Scampi Spaghetti Green Peas Fruit Milk Margarine	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Milk Margarine	Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Milk Margarine	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Milk Margarine	Beef Stroganoff White Rice Carrots Fruit Milk Margarine
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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken Thighs w/ Apple Chutney Sweet Potatoes Broccoli Fruit Milk Margarine	Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Milk Margarine	Chicken w/ Balsamic Roasted Couscous Broccoli Fruit Milk Margarine	Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Milk Margarine	Whole Grain Pasta w/ Turkey Bolognese & Parm Cheese Carrots Fruit Milk Margarine
Cal:521 CHO:70g Na:482mg	Cal:525 CHO:61g Na:600mg	Cal:705 CHO:67g Na:302mg	Cal:650 CHO:61g Na:630mg	Cal:520 CHO:56g Na:470mg
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Milk Margarine	Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Milk Margarine	Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Milk Margarine	Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Milk Margarine	Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Milk Margarine
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
<b>30</b>				
American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Milk/Margarine	Menu subject to change.	Totals Include 125mg Na+ for 8oz of milk served daily. ( ) indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item	<b>Note: To cancel your meal, please call our            Mystic Valley Nutrition Department at least            one day in advance before 11:30 AM:</b>  <b>781-388-2303</b>	Each meal contains milk. Sodium and calories already included in daily totals
Cal:570 CHO:58g Na:455mg				

