



MYSTIC VALLEY ELDER SERVICES

September 2024

City Fresh - Lunch Chilled Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meals	3	WG Mac & Cheese (Entrée Portion) Carrots Wheat Bread Fruit Margarine	4	Salisbury Steak w/ Gravy White Rice Mixed Vegetables Wheat Roll Fruit Margarine	5	Holiday Meal Homemade Oven Fried Chicken Sweet Potato Wedges California Blend Vegetables Cornbread Shortbread Cookie/Margarine	6	Honey Garlic Shrimp Roasted Potatoes Corn w/ Peppers Dinner Roll Vanilla Pudding Margarine
			Cal:1008 CHO:111g Na:1034mg		Cal:695 CHO:88g Na:991mg		Cal:1073 CHO:130g Na:899mg		Cal:715 CHO:114g Na:1061mg
9	Whole Grain Cheese Ravioli w/ Turkey Bolognese Broccoli Bread Stick Cinnamon Apples Margarine	10	Teriyaki Beef White Rice Vegetable Medley Dinner Roll Fruit Margarine	11	Rosemary Garlic Chicken Mashed Potatoes Mixed Vegetables Wheat Bread Fig Newton Margarine	12	White Fish w/ Peach-Mango Salsa Rice Pilaf Green Beans w/ Peppers Wheat Bread Chocolate Pudding Margarine	13	Pot Roast w/ Brown Gravy Mashed Sweet Potatoes California Blend Vegetables Cornbread Loaf Fruit Margarine
	Cal:740 CHO:87g Na:801mg		Cal:830 CHO:110g Na:944mg		Cal:940 CHO:115g Na:729mg		Cal:793 CHO:100g Na:505mg		Cal:726 CHO:100g Na:1069mg
16	Hot Dog (Beef) Baked Beans Carrots Wheat Hot Dog Roll (Low Na) Fruit Margarine Ketchup	17	Tuscan Chicken Rice Pilaf Mixed Vegetables Wheat Bread Fruit Snack Loaf Margarine	18	Herb Crust Fish w/ Lemon Wedge Mashed Potatoes Green Peas Wheat Roll Fruit Margarine Tartar Sauce	19	Thai Curry Beef White Rice Brussel Sprouts Wheat Bread Fruit Margarine	20	Chicken w/ Balsamic Roasted Tomatoes Roasted Potatoes Carrots Wheat Roll Chocolate Pudding Margarine
	Cal:870 CHO:110g Na:1015mg		Cal:966 CHO:107g Na:704mg		Cal:783 CHO:105g Na:939mg		Cal:765 CHO:95g Na:453mg		Cal:715 CHO:76g Na:631mg
23	BBQ Pulled Pork Cheesy Grits California Blend Vegetables Cornbread Loaf Fruit Margarine	24	Caprese Chicken Orzo Zucchini Squash Wheat Roll Vanilla Pudding Margarine	25	American Chop Suey (Beef) Whole Grain Pasta Green Beans Wheat Bread Fruit Margarine	26	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Margarine	27	Salmon w/ Garlic Herb Cream Sauce Vegetable Rice Pilaf Kale & Red Peppers Wheat Roll Chocolate Swirl Margarine
	Cal:763 CHO:99g Na:1024mg		Cal:808 CHO:94g Na:727mg		Cal:756 CHO:89g Na:501mg		Cal:718 CHO:98g Na:794mg		Cal:1055 CHO:107g Na:875mg
30	Chicken Alfredo Whole Grain Pasta Broccoli Dinner Roll Mixed Fruit 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 Each meal contains milk. Sodium and calories already included in daily totals		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:682 CHO:80g Na:1049mg								