



MYSTIC VALLEY ELDER SERVICES

September 2024

City Fresh-Chopped HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meals	3	Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Nutritional Shake Margarine	4	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Margarine	5	Whole Grain Cheese Lasagna w/ Florentine Sauce California Blend Vegetables Fruit Nutritional Shake Margarine	6	Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Margarine
		NA+	263 28 14 0 100 30	NA+	325 113 30 0 100 30	NA+	390 122 46 0 100 30	NA+	183 37 23 0 100 30
			Cal:826 CHO:83g Na:560mg		Cal:770 CHO:90g Na:723mg		Cal:770 CHO:100g Na:813mg		Cal:818 CHO:97g Na:498mg
9	Shrimp Scampi Pasta Green Peas Pudding Nutritional Shake Margarine	10	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Margarine	11	Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Nutritional Shake Margarine	12	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Margarine	13	Beef Stroganoff Egg Noodles Carrots Fruit Nutritional Shake Margarine
	433 0 6 130 100 30		250 55 24 0 100 30		460 113 30 0 100 30		380 0 6 0 100 30		170 5 45 0 100 30
	Cal:790 CHO:104g Na:824mg		Cal:725 CHO:85g Na:584mg		Cal:726 CHO:81g Na:858mg		Cal:685 CHO:100g Na:641mg		Cal:773 CHO:88g Na:475mg
16	Chicken Thighs w/ Apple Chutney Sweet Potatoes Broccoli Pudding Nutritional Shake Margarine	17	Lemon & Herb White Fish Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Margarine	18	Chicken w/ Balsamic Tomatoes Couscous Broccoli Fruit Nutritional Shake Margarine	19	Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Nutritional Shake Margarine	20	Whole Grain Pasta Turkey Bolognese w/ Parm Garnish Carrots Fruit Nutritional Shake Margarine
	280 37 6 0 100 30		301 113 18 0 100 30		111 27 6 0 100 30		263 95 23 0 100 30		0 285 45 0 100 30
	Cal:820 CHO:116g Na:578mg		Cal:738 CHO:92g Na:687mg		Cal:887 CHO:98g Na:399mg		Cal:868 CHO:94g Na:636mg		Cal:746 CHO:85g Na:585mg
23	Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Pudding Nutritional Shake Margarine	24	Ground Beef & Pepper Bowl Quinoa & Brown Rice California Blend Vegetables Fruit Nutritional Shake Margarine	25	Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Nutritional Shake Margarine	26	Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Nutritional Shake Margarine	27	Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Margarine
	500 120 24 130 100 30		140 30 36 0 100 30		360 97 6 0 100 30		160 95 18 0 100 30		130 113 17 0 100 30
	Cal:790 CHO:98g Na:1029mg		Cal:815 CHO:88g Na:461mg		Cal:775 CHO:90g Na:718mg		Cal:748 CHO:93g Na:528mg		Cals:805 CHO:94g Na:515mg
30	American Chop Suey (Turkey) Whole Grain Pasta Broccoli Pudding Nutritional Shake 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		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		Each meal contains milk. Sodium and calories already included in daily totals	
	290 0 6 130 100 30								
	Cal:821 CHO:98g Na:681mg								