



# MYSTIC VALLEY ELDER SERVICES

## September 2024

### Cold Supper Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meals	3	Roast Beef & Swiss Cheese Sandwich w/ Lettuce Wheat Bread (2 slices) Beet Salad Chickpea & Red Pepper Salad Fruit Cal:734 CHO:105g Na:938mg	4	Chicken Caesar Wrap Whole Grain Tortilla Corn & Red Pepper Salad Shortbread Cookie Caesar Dressing Packet Cal:835 CHO:75g Na:1035mg	5	Egg Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Cole Slaw Vanilla Pudding Cal:1115 CHO:96g Na:866mg	6	Greek Pasta Salad w/ Chicken, Olives & Feta Pea Salad Wheat Roll Fruit Cal:781 CHO:80g Na:678mg
9	Country Turkey-"Ham" & Swiss Cheese Sandwich (Pork Free Entrée) Wheat Hamburger Bun (Low Na) Potato Salad Carrot Raisin Salad Fruit Cal:709 CHO:98g Na:1013mg	10	Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes Wheat Hamburger Bun (Low Na) Pea Salad Cole Slaw Fig Newton Cal:1032 CHO:103g Na:827mg	11	Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Beet Salad Wheat Roll Chocolate Pudding Cal:680 CHO:85g Na:886mg	12	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Italian Pasta Salad Wheat Roll Fruit Honey Mustard Dressing Cal:736 CHO:92g Na:1077mg	13	Tuna Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Broccoli Salad Fruit Cal:1127 CHO:104g Na:927mg
16	<b>High Sodium Meal</b> Turkey & Cheese Sandwich w/ Lettuce Wheat Hamburger Bun Chickpea, Craisin & Apple Salad Broccoli Salad Fruit Snack Loaf Cal:954 CHO:104g Na:1219mg	17	Roast Beef & Swiss Cheese Sandwich on Wheat Bread (2 slices) - Low Na Whole Grain Italian Pasta Salad Beet Salad Fruit Mayonnaise Cal:840 CHO:115g Na:1004mg	18	Mediterranean Falafel & Quinoa Salad w/Spinach, Tomatoes, & Cucumbers Potato Salad Mini Pitas (2 each) Fruit Greek Dressing Cal:840 CHO:115g Na:1004mg	19	Chicken Salad w/ Tomato & Lettuce Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Zucchini Salad Chocolate Pudding Cal:211 CHO:106g Na:805mg	20	Country Turkey-"Ham" & Swiss Cheese Sandwich(Pork Free Entrée) Wheat Hamburger Bun (Low Na) Primavera Pasta Salad Carrot Raisin Salad Fruit Mustard Cal:698 CHO:97g Na:1013mg
23	<b>High Sodium Meal</b> Turkey & Provolone Cheese Sandwich w/ Lettuce Wheat Bread (2 slices) Macaroni Salad Cole Slaw Vanilla Pudding Mayo Cal:1122 CHO:115g Na:1254mg	24	Country Turkey-"Ham" & Swiss Cheese Sandwich(Pork Free Entrée) Wheat Bread (2 slices) Cucumber Salad Potato Salad Fruit Mustard Cal:773 CHO:118g Na:996mg	25	Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Chickpea, Craisin & Apple Salad Fruit Cal:994 CHO:115g Na:947mg	26	Buffalo Chicken & Cheese Sandwich Wheat Hamburger Bun (Low Na) Ranch Pasta Salad Shaved Brussel Sprout Salad Chocolate Swirl Cal:885 CHO:115g Na:1187mg	27	Caprese Sandwich w/ Mozzarella, Tomato & Pesto Italian Pasta Salad Broccoli Salad Wheat Hamburger Bun Fruit Cal:887 CHO:105g Na:935mg
30	Turkey & Provolone Cheese Sandwich w/ Lettuce Wheat Hamburger Bun Italian Pasta Salad Pickled Cabbage Slaw Fruit Mayo Cal:768 CHO:101g Na:975mg	Each meal contains milk. Sodium and calories already included in daily totals		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: 781-388-2303</b>		Menu subject to change.	