



# MYSTIC VALLEY ELDER SERVICES

## September 2024

### City Fresh-Renal HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meals	3	Lemon Pepper Chicken Orzo Corn Wheat Bread Cookie (Oatmeal/Sugar only) Margarine	4	Turkey Meatloaf w/ Gravy Couscous Carrots Wheat Bread Fruit Margarine	5	Salmon Florentine White Rice California Blend Vegetables Wheat Bread Fruit Margarine	6	Shaved Steak w/ Gravy White Rice Brussel Sprouts Wheat Bread Fruit Margarine
			Cal:645 CHO:68g Na:766mg		Cal:583 CHO:60g Na:585mg		Cal:608 CHO:66g Na:485mg		Cal:643 CHO:61g Na:438mg
9	Shrimp Scampi Pasta Green Peas Wheat Bread Fruit Margarine	10	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine	11	Roast Turkey w/ Gravy Couscous Tuscan Blend Vegetables Wheat Bread Fruit Margarine	12	Chicken Marsala Pasta Broccoli Wheat Bread Fruit Margarine	13	Beef Stroganoff Egg Noodles Carrots Fruit Wheat Bread Margarine
	Cal:574 CHO:69g Na:667mg		Cal:705 CHO:75g Na:662mg		Cal:595 CHO:60g Na:746mg		Cal:580 CHO:64g Na:489mg		Cal:588 CHO:63g Na:448mg
16	Chicken Thighs w/ Apple Chutney Couscous Broccoli Fruit Wheat Bread Margarine	17	Lemon Herb White Fish Rice Pilaf Vegetable Medley (no kale) Cookie (Oatmeal/Sugar only) Wheat Bread Margarine	18	Baked Chicken w/ Gravy Couscous Broccoli Fruit Wheat Bread Margarine	19	Curry Beef Stir Fry White Rice Brussel Sprouts Fruit Wheat Bread Margarine	20	Turkey Tetrazzine Egg Noodles Carrots Fruit Wheat Bread Margarine
	Cal:588 CHO:77g Na:519mg		Cal:620 CHO:73g Na:707mg		Cal:648 CHO:70g Na:434mg		Cal:682 CHO:66g Na:539mg		Cal:678 CHO:66g Na:642mg
23	Egg Omelet w/ Cheese Rice Pilaf Mixed Vegetables Fruit Wheat Bread Margarine	24	Ground Beef Stuffed Pepper White Rice California Blend Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine	25	Lemon Ricotta White Fish Pasta Broccoli Fruit Wheat Bread Margarine	26	Pot Roast w/ Gravy White Rice Vegetable Medley Fruit Wheat Bread Margarine	27	Rosemary & Garlic Chicken Spaghetti Mixed Vegetables Fruit Wheat Bread Margarine
	Cal:630 CHO:77g Na:807mg		Cal:652 CHO:66g Na:534mg		Cal:585 CHO:62g Na:392mg		Cal:577 CHO:66g Na:431mg		Cals:575 CHO:64g Na:375mg
30	Mediterranean Chicken Pasta (no tomatoes) Broccoli Fruit Wheat Bread Margarine		Meal is subject to change.		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:565 CHO:56g Na:360mg								