



## Mystic Valley Elder Services September 2024

## City Fresh-Vegetarian HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	<b>WG Mac &amp; Cheese (Entrée Portion)</b> Carrots Wheat Bread Fruit Margarine	<b>Veggie Sausage w/ Gravy</b> White Rice Mixed Vegetables Wheat Roll Fruit Margarine	<b>Holiday Meal</b> Chik'n Patty Sweet Potato Wedges California Blend Vegetables Cornbread Shortbread Cookie Margarine	<b>Honey Garlic Tofu</b> Roasted Potatoes Corn w/ Peppers Dinner Roll Vanilla Pudding Margarine
	804 30 65 0 30	415 25 46 135 0 30	360 150 34 180 150 30	123 85 21 250 130 30
	Cal:1008 CHO:111g Na:1034mg	Cal:670 CHO:91g Na:756mg	Cal:870 CHO:99g Na:1009mg	Cal:773 CHO:118g Na:744mg
9	10	11	12	13
<b>Whole Grain Cheese Ravioli w/ Lentil Bolognese</b> Broccoli Bread Stick Cinnamon Apples Margarine	<b>Teriyaki Tofu</b> White Rice Vegetable Medley Dinner Roll Fruit Margarine	<b>Rosemary Garlic White Beans</b> Mashed Potatoes Mixed Vegetables Wheat Bread Fig Newton Margarine	<b>Chik'n w/ Peach-Mango Salsa</b> Rice Pilaf Green Beans w/ Peppers Wheat Bread Chocolate Pudding Margarine	<b>Veggie Sausage w/ Gravy</b> Mashed Sweet Potatoes California Blend Vegetables Cornbread Loaf Fruit Margarine
190 199 29 260 10 30	437 25 54 250 0 30	413 124 50 65 180 30	365 50 20 65 130 30	415 140 34 180 0 30
Cal:694 CHO:105g Na:823mg	Cal:808 CHO:120g Na:901mg	Cal:1009 CHO:145g Na:967mg	Cal:890 CHO:114g Na:765mg	Cal:728 CHO:101g Na:904mg
16	17	18	19	20
<b>Veggie Burger w/ Cheese</b> Baked Beans Carrots Wheat Hamburger Bun (Low Na) Fruit Margarine Ketchup	<b>Tuscan Falafel</b> Rice Pilaf Mixed Vegetables Wheat Bread Fruit Snack Loaf Margarine	<b>Lentils w/ Gravy</b> Mashed Potatoes Green Peas Wheat Roll Fruit Margarine	<b>Thai Curry Tofu</b> White Rice Brussel Sprouts Wheat Bread Fruit Margarine	<b>Chik'n w/ Balsamic Roasted Tomatoes</b> Roasted Potatoes Carrots Wheat Roll Chocolate Pudding Margarine
540 140 30 80 0 30 85	475 55 24 85 150 30	218 124 20 150 0 30 85	51 25 23 65 0 30	366 85 30 150 135 30
Cal:1038 CHO:140g Na:1010mg	Cal:966 CHO:130g Na:924mg	Cal:676 CHO:108g Na:732mg	Cal:799 CHO:104g Na:299mg	Cal:784 CHO:90g Na:901mg
23	24	25	26	27
<b>BBQ Tofu (2oz sauce)</b> Cheesy Grits California Blend Vegetables Cornbread Loaf Fruit Margarine	<b>Caprese Chik'n</b> Orzo Zucchini Squash Wheat Roll Vanilla Pudding Margarine	<b>Vegetarian Chop Suey</b> Whole Grain Pasta Green Beans Wheat Bread Fruit Margarine	<b>Roasted Tofu w/ Gravy</b> Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Margarine	<b>Garlic Herb Beans</b> Vegetable Rice Pilaf Kale & Red Peppers Wheat Roll Chocolate Swirl Margarine
315 75 34 180 0 30	557 2 20 150 130 30	528 1 20 65 0 30	230 124 50 65 0 30	686 50 30 150 105 30
Cal:742 CHO:104g Na:739mg	Cal:872 CHO:107g Na:994mg	Cal:640 CHO:97g Na:749mg	Cal:688 CHO:104g Na:624mg	Cal:978 CHO:123g Na:1156mg
30	Menu subject to change.			
<b>Vegetarian Carbonara (Contains Egg)</b> Whole Grain Pasta Broccoli Dinner Roll Mixed Fruit Margarine	Totals Include 105mg Na+ for 8oz of milk served daily.			
667 0 24 250 5 30				
Cal:767 CHO:81g Na:1081mg				