



## Mystic Valley Elder Services September 2024

### City Fresh-Asian-Vietnamese HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday											
<b>2</b>	<b>NA+</b>	<b>3</b>	<b>NA+</b>	<b>4</b>	<b>NA+</b>	<b>5</b>	<b>NA+</b>	<b>6</b>	<b>NA+</b>										
Holiday - No Meals		Beef Teriyaki White Rice Cabbage Fruit Margarine		Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Margarine		Holiday Meal Homemade Oven Fried Chicken Sweet Potato Wedges California Blend Vegetables Cornbread Shortbread Cookie Margarine		Mongolian Beef White Rice Cabbage Fruit Margarine											
		Cal:825 CHO:100g Na:790mg		790		Cal:814 CHO:90g Na:917mg		917		Cal:1073 CHO:130g Na:899mg		899		Cal:735 CHO:90g Na:869mg		869			
<b>9</b>	<b>NA+</b>	<b>10</b>	<b>NA+</b>	<b>11</b>	<b>NA+</b>	<b>12</b>	<b>NA+</b>	<b>13</b>	<b>NA+</b>										
Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) and White Rice Water Spinach Fruit Margarine		902 50 59 0 30		Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit Margarine		360 50 34 0 30		Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fig Newton Margarine		602 50 57 180 30		Sweet & Sour Pork White Rice Water Spinach Fruit Margarine		285 50 59 0 30		Chicken Teriyaki White Rice Broccoli Fruit Margarine		601 50 6 0 30	
Cal:918 CHO:102g Na:1166mg		1166		Cal:751 CHO:90g Na:599mg		599		Cal:812 CHO:105g Na:1044mg		1044		Cal:750 CHO:88g Na:549mg		549		Cal:770 CHO:85g Na:812mg		812	
<b>16</b>	<b>NA+</b>	<b>17</b>	<b>NA+</b>	<b>18</b>	<b>NA+</b>	<b>19</b>	<b>NA+</b>	<b>20</b>	<b>NA+</b>										
Green Curry White Fish White Rice Cabbage Fruit Margarine		614 50 34 0 30		Caramel Ginger Chicken White Rice Cabbage Fruit Snack Loaf Margarine		660 50 34 150 30		Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine		170 50 59 0 30		Turmeric & Ginger Fish White Rice Cabbage Fruit Margarine		318 50 34 0 0		Pork Fried Rice White Rice Bok Choy Fruit Margarine		325 50 57 0 30	
Cal:702 CHO:85g Na:853mg		853		Cal:940 CHO:105g Na:1049mg		1049		Cal:835 CHO:88g Na:434mg		434		Cal:702 CHO:80g Na:527mg		527		Cal:806 CHO:90g Na:587mg		587	
<b>23</b>	<b>NA+</b>	<b>24</b>	<b>NA+</b>	<b>25</b>	<b>NA+</b>	<b>26</b>	<b>NA+</b>	<b>27</b>	<b>NA+</b>										
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Margarine		434 50 57 0 30		Pork Lo Mein Noodles Water Spinach Fruit Margarine		367 50 59 0 30		Sweet & Sour Chicken White Rice Broccoli Fruit Margarine		556 50 6 0 30		Teriyaki Salmon White Rice Water Spinach Fruit Margarine		456 50 59 0 30		Chicken Potsticks w/ Nuoc Cham White Rice Bok Choy Chocolate Swirl Margarine		434 50 57 105 30	
Cal:827 CHO:83g Na:696mg		696		Cal:680 CHO:82g Na:631mg		631		Cal:743 CHO:103g Na:767mg		767		Cal:789 CHO:109g Na:720mg		720		Cal:800 CHO:120g Na:781mg		781	
<b>30</b>	<b>NA+</b>																		
Beef Teriyaki White Rice Cabbage Fruit Margarine		571 50 34 0 30		790		790		Menu subject to change.		720		720		720		720		720	
Cal:845 CHO:110g Na:790mg		790								Totals Include 105mg Na+ for 8oz of milk served daily.									

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |  
 Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.

**No meals will be left without seeing someone at delivery.**