



Mystic Valley Elder Services October 2024

City Fresh Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Total include 125mg Na+ for 8oz of milk served daily.	1 Roast Beef & Swiss Cheese Sandwich w/ Lettuce Wheat Bread (2 slices) Beet Salad Chickpea & Red Pepper Salad, Fruit Cal:734 CHO:105g Na:938mg	2 Chicken Caesar Wrap Whole Grain Tortilla Corn & Red Pepper Salad Pound Cake Caesar Dressing Packet Cal:855 CHO:82g Na:1145mg	3 Egg Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Cole Slaw, Fruit Cal:1035 CHO:87g Na:736mg	4 Greek Pasta Salad w/ Chicken, Olives & Feta Pea Salad Wheat Roll Fruit Cal:781 CHO:80g Na:678mg
7 Country Turkey-"Ham" & Swiss Cheese Sandwich (Pork Free Entree) Wheat Hamburger Bun (Low Na) Potato Salad Broccoli Salad Fruit Cal:835 CHO:91g Na:1132mg	8 Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Beet Salad Wheat Roll Chocolate Pudding Cal:680 CHO:85g Na:886mg	9 Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes Wheat Hamburger Bun (Low Na) Chickpea, Craisin & Apple Salad Cole Slaw Oatmeal Cookie Cal:923 CHO:86g Na:763mg	10 Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Italian Pasta Salad Wheat Roll Fruit Honey Mustard Dressing Cal:736 CHO:92g Na:1077mg	11 Tuna Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Carrot Raisin Salad Fruit Cal:1064 CHO:112g Na:904mg
14 <u>Holiday - No Meals</u>	15 Roast Beef & Swiss Cheese Sandwich on Wheat Bread (2 slices) - Low Na Whole Grain Italian Pasta Salad Beet Salad Mini Apple Bites Mayonnaise Cal:1011 CHO:133g Na:1144mg	16 Mediterranean Falafel & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers Macaroni Salad Mini Pitas (2 each) Fruit Greek Dressing Cal:960 CHO:110g Na:845mg	17 Chicken Salad w/ Tomato & Lettuce Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Zucchini Salad Vanilla Pudding Cal:910 CHO:106g Na:815mg	18 Egg Salad Sandwich Wheat Hamburger Bun (Low Na) Primavera Pasta Salad Carrot Raisin Salad Fruit Cal:885 CHO:100g Na:756mg
21 Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Beet Salad Dinner Roll Fruit Cal:615 CHO:88g Na:785mg	22 High Sodium Meal Turkey & Cheese Sandwich Wheat Bread (2 slices) Cucumber Salad Potato Salad Mustard, Fruit Snack Loaf Cal:877 CHO:120g Na:1222mg	23 Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Chickpea, Craisin & Apple Salad Fruit Cal:994 CHO:115g Na:947mg	24 Buffalo Chicken & Cheese Sandwich Wheat Hamburger Bun (Low Na) Ranch Pasta Salad Shaved Brussel Sprout Salad Fruit Cal:675 CHO:86g Na:1087mg	25 Caprese Sandwich w/ Mozzarella, Tomato & Pesto Italian Pasta Salad Broccoli Salad Wheat Hamburger Bun Chocolate Pudding Cal:926 CHO:102g Na:1075mg
28 Turkey & Provolone Cheese Sandwich w/ Lettuce Wheat Hamburger Bun Ranch Pasta Salad Pickled Cabbage Slaw Mayo, Fruit Cal:826 CHO:100g Na:968mg	29 Roast Beef & Swiss Cheese Sandwich w/ Lettuce Wheat Bread (2 slices) Beet Salad Chickpea & Red Pepper Salad Fruit Cal:734 CHO:105g Na:938mg	30 Chicken Caesar Wrap Whole Grain Tortilla Corn & Red Pepper Salad Vanilla Pudding Caesar Dressing Packet Cal:823 CHO:78g Na:1035mg	31 Egg Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Cole Slaw Fruit Cal:1066 CHO:93g Na:736mg	Note: To cancel your meal, please call our Mystic Valley Nutrition Dept at least one day in advance Before 11:30 AM 781-388-2303