



Mystic Valley Elder Services November 2024

City Fresh Asian-Vietnamese HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel your meal, please call Mystic Valley Nutrition Department at least one day in advance before 11:30 AM. 781-388-2303</p>	<p>Menu Subject to change.</p> <p>Totals Include 105mg Na+ for 8oz of milk served daily</p>			<p>1</p> <p>Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit Margarine</p> <p>Cal:751 CHO:90g Na:599mg</p>
<p>4</p> <p>Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Shortbread Cookie Margarine</p> <p>Cal:790 CHO:100g Na:1014mg</p>	<p>5</p> <p>Sweet & Sour Pork White Rice Water Spinach Fruit Margarine</p> <p>Cal:750 CHO:88g Na:549mg</p>	<p>6</p> <p>Chicken Teriyaki White Rice Broccoli Fruit Margarine</p> <p>Cal:770 CHO:85g Na:812mg</p>	<p>7</p> <p>Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Margarine</p> <p>Cal:918 CHO:102g Na:1166mg</p>	<p>8</p> <p>Pork Lo Mein Noodles Cabbage Cinnamon Crumb Cake Margarine</p> <p>Cal:890 CHO:110g Na:786mg</p>
<p>11</p> <p>Holiday - No Meal</p>	<p>12</p> <p>Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Margarine</p> <p>Cal:827 CHO:83g Na:696mg</p>	<p>13</p> <p>Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine</p> <p>Cal:915 CHO:98g Na:434mg</p>	<p>14</p> <p>Beef Teriyaki White Rice Cabbage Fruit Margarine</p> <p>Cal:794 CHO:113g Na:719mg</p>	<p>15</p> <p>Turmeric & Ginger Fish White Rice Water Spinach Chocolate Chip Cookie Margarine</p> <p>Cal:702 CHO:80g Na:597mg</p>
<p>18</p> <p>Pork Fried Rice White Rice Bok Choy Fruit Margarine</p> <p>Cal:806 CHO:90g Na:587mg</p>	<p>19</p> <p>Teriyaki Salmon White Rice Water Spinach Fruit Margarine</p> <p>Cal:789 CHO:109g Na:720mg</p>	<p>20</p> <p>Sweet & Sour Chicken White Rice Broccoli Fruit Margarine</p> <p>Cal:768 CHO:90g Na:767mg</p>	<p>21</p> <p>Harvest Meal Roast Turkey w/ Gravy Cranberry Herb Stuffing Green Beans Wheat Bread Pound Cake Margarine</p> <p>Cal:757 CHO:92g Na:1360mg</p>	<p>22</p> <p>Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Margarine</p> <p>Cal:803 CHO:111g Na:713mg</p>
<p>25</p> <p>Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Bok Choy Fruit Margarine</p> <p>Cal:790 CHO:95g Na:975mg</p>	<p>26</p> <p>Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Margarine</p> <p>Cal:814 CHO:95g Na:917mg</p>	<p>27</p> <p>Mongolian Beef White Rice Cabbage Fruit Margarine</p> <p>Cal:735 CHO:90g Na:899mg</p>	<p>28</p> <p>Holiday No Meal</p> <p>Cal:855 CHO:116g Na:1070mg</p>	<p>29</p> <p>Green Curry White Fish White Rice Water Spinach Fruit Margarine</p> <p>Cal:702 CHO:85g Na:853mg</p>