



Mystic Valley Elder Services
November 2024

City Fresh Carb Controlled

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.</p> <p>781-388-2303</p>	<p>Menu Subject to change.</p> <p>Total includes nutrition from 8 oz 2 % milk served with meal daily.</p>			1
				<p>Maple Glazed Chicken (2oz sauce) Sweet Potatoes Brussel Sprouts Fruit Milk Margarine</p> <p>Cal:570 CHO:72g Na:265mg</p>
4	5	6	7	8
<p>Shrimp Scampi Spaghetti Green Peas Fruit Milk Margarine</p> <p>Cal:545 CHO:66g Na:560mg</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Milk Margarine</p> <p>Cal:665 CHO:63g Na:520mg</p>	<p>Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Milk Margarine</p> <p>Cal:590 CHO:58g Na:750mg</p>	<p>Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Milk Margarine</p> <p>Cal:505 CHO:68g Na:530mg</p>	<p>Beef Stroganoff White Rice Carrots Fruit Milk Margarine</p> <p>Cal:590 CHO:61g Na:655mg</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Milk Margarine</p> <p>Cal:525 CHO:61g Na:600mg</p>	<p>Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Milk Margarine</p> <p>Cal:705 CHO:67g Na:302mg</p>	<p>Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Milk Margarine</p> <p>Cal:650 CHO:61g Na:630mg</p>	<p>Whole Grain Pasta w/ Turkey Bolognese & Parm Cheese Carrots Fruit Milk Margarine</p> <p>Cal:520 CHO:56g Na:470mg</p>
18	19	20	21	22
<p>Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Milk Margarine</p> <p>Cal:560 CHO:60g Na:812mg</p>	<p>Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Milk Margarine</p> <p>Cal:621 CHO:60g Na:300mg</p>	<p>Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Milk Margarine</p> <p>Cal:602 CHO:60g Na:620mg</p>	<p>Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Milk Margarine</p> <p>Cal:550 CHO:60g Na:428mg</p>	<p>Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Milk Margarine</p> <p>Cal:605 CHO:58g Na:452mg</p>
25	26	27	28	29
<p>American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Milk Margarine</p> <p>Cal:570 CHO:58g Na:455mg</p>	<p>Tomato Bruschetta Chicken Couscous Kale & Corn Fruit Milk Margarine</p> <p>Cal:716 CHO:66g Na:475mg</p>	<p>Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Milk Margarine</p> <p>Cal:552 CHO:62g Na:597mg</p>	<p>Holiday - No Meals</p>	<p>Maple Glazed Chicken (2oz sauce) Sweet Potatoes Brussel Sprouts Fruit Milk Margarine</p> <p>Cal:570 CHO:72g Na:265mg</p>