



Mystic Valley Elder Services

November 2024

City Fresh Cardiac 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>Menu includes nutrition from 8 oz of 1% milk served with meal daily.</p>			<p>1</p> <p>Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Low Fat Milk Margarine</p>
				<p>Cal:651 CHO:96g Na:406mg</p>
<p>4</p> <p>Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>5</p> <p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>6</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Tuscan Vegetable Blend Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>7</p> <p>Lentil Bolognese & Parmesan Garnish Whole Grain Pasta Broccoli Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>8</p> <p>Beef Stroganoff White Rice Carrots Fruit Wheat Roll Low Fat Milk Margarine</p>
<p>Cal:590 CHO:75g Na:731mg</p>	<p>Cal:695 CHO:73g Na:619mg</p>	<p>Cal:585 CHO:75g Na:893mg</p>	<p>Cal:550 CHO:80g Na:756mg</p>	<p>Cal:686 CHO:82g Na:530mg</p>
<p>11</p> <p>Holiday - No Meals</p>	<p>12</p> <p>Lemon Herb White Fish Mashed Potatoes Vegetable Medley Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>13</p> <p>Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>14</p> <p>Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>15</p> <p>Turkey Bolognese w/ Parm Garnish Whole Grain Pasta Carrots Fruit Wheat Roll Low Fat Milk Margarine</p>
	<p>Cal:625 CHO:85g Na:722mg</p>	<p>Cal:705 CHO:75g Na:435mg</p>	<p>Cal:638 CHO:71g Na:671mg</p>	<p>Cal:585 CHO:80g Na:620mg</p>
<p>18</p> <p>Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>19</p> <p>Ground Beef Stuffed Pepper Quinoa & Brown Rice California Blend Vegetables Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>20</p> <p>Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>21</p> <p>Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>22</p> <p>Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Wheat Roll Low Fat Milk Margarine</p>
<p>Cal:600 CHO:79g Na:935mg</p>	<p>Cal:700 CHO:68g Na:496mg</p>	<p>Cal:640 CHO:78g Na:753mg</p>	<p>Cal:634 CHO:86g Na:563mg</p>	<p>Cal:677 CHO:80g Na:580mg</p>
<p>25</p> <p>American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>26</p> <p>Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>27</p> <p>Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Wheat Roll Low Fat Milk Margarine</p>	<p>28</p> <p>Holiday - No Meals</p>	<p>29</p> <p>Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Low Fat Milk Margarine</p>
<p>Cal:610 CHO:72g Na:586mg</p>	<p>Cal:748 CHO:82g Na:594mg</p>	<p>Cal:612 CHO:71g Na:758mg</p>		<p>Cal:651 CHO:96g Na:406mg</p>