



Mystic Valley Elder Services November 2024

City Fresh Chopped/ Soft Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; font-weight: bold; margin: 0;">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 Nutritional Shake Margarine</p> <p>Cal:818 CHO:97g Na:498mg</p>
	<p>4</p> <p>Shrimp Scampi Pasta Green Peas Pudding Nutritional Shake Margarine</p> <p>Cal:790 CHO:104g Na:824mg</p>	<p>5</p> <p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Margarine</p> <p>Cal:725 CHO:85g Na:584mg</p>	<p>6</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Tuscan Blend Vegetables Fruit Nutritional Shake Margarine</p> <p>Cal:726 CHO:81g Na:858mg</p>	<p>7</p> <p>Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Margarine</p> <p>Cal:685 CHO:100g Na:641mg</p>
<p>11</p> <p>Holiday - No Meals</p>	<p>12</p> <p>Lemon & Herb White Fish Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Margarine</p> <p>Cal:738 CHO:92g Na:687mg</p>	<p>13</p> <p>Chicken w/ Balsamic Tomatoes Couscous Broccoli Fruit Nutritional Shake Margarine</p> <p>Cal:887 CHO:98g Na:399mg</p>	<p>14</p> <p>Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Nutritional Shake Margarine</p> <p>Cal:868 CHO:94g Na:636mg</p>	<p>15</p> <p>Whole Grain Pasta Turkey Bolognese w/ Parm Garnish Carrots Fruit Nutritional Shake Margarine</p> <p>Cal:746 CHO:85g Na:585mg</p>
<p>18</p> <p>Egg Omelet w/ Cheese Rosemary Potatoes Mixed Vegetables Pudding Nutritional Shake Margarine</p> <p>Cal:790 CHO:98g Na:1029mg</p>	<p>19</p> <p>Ground Beef & Pepper Bowl Quinoa & Brown Rice California Blend Vegetables Fruit Nutritional Shake Margarine</p> <p>Cal:815 CHO:88g Na:461mg</p>	<p>20</p> <p>Whole Grain Cheese Ravioli w/ Lemon Ricotta Sauce Broccoli Fruit Nutritional Shake Margarine</p> <p>Cal:775 CHO:90g Na:718mg</p>	<p>21</p> <p>Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Nutritional Shake Margarine</p> <p>Cal:748 CHO:93g Na:528mg</p>	<p>22</p> <p>Rosemary & Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Margarine</p> <p>Cals:805 CHO:94g Na:515mg</p>
<p>25</p> <p>American Chop Suey (Turkey) Whole Grain Pasta Broccoli Pudding Nutritional Shake Margarine</p> <p>Cal:821 CHO:98g Na:681mg</p>	<p>26</p> <p>Tomato Bruschetta Chicken Couscous Kale & Corn Blend Fruit Nutritional Shake Margarine</p> <p>Cal:826 CHO:83g Na:560mg</p>	<p>27</p> <p>Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Margarine</p> <p>Cal:770 CHO:90g Na:723mg</p>	<p>28</p> <p>Holiday - No Meals</p>	<p>29</p> <p>Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Margarine</p> <p>Cal:818 CHO:97g Na:498mg</p>