



# Mystic Valley Elder Services November 2024

## City Fresh Low Lactose 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. Totals Include nutrition from 8oz of lactaid milk served daily</p>			<p>1 Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Lactaid Milk Margarine</p>
				<p>Cal:638 CHO:88g Na:406mg</p>
<p>4 Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>5 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>6 Roast Turkey w/ Gravy Mashed Potatoes (dairy free) Tuscan Vegetable Blend Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>7 Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>8 Beef Stroganoff Gravy White Rice Carrots Fruit Wheat Roll Lactaid 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:500 CHO:86g Na:586mg</p>	<p>Cal:636 CHO:68g Na:750mg</p>
<p>11 Holiday - No Meals</p>	<p>12 Lemon Herb White Fish Mashed Potatoes (dairy free) Vegetable Medley Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>13 Chicken w/ Balsamic Roasted Tomatoes Couscous Broccoli Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>14 Curry Beef Stir Fry Brown Rice Brussel Sprouts Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>15 Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Roll Lactaid Milk Margarine</p>
	<p>Cal:620 CHO:85g Na:722mg</p>	<p>Cal:745 CHO:84g Na:435mg</p>	<p>Cal:638 CHO:71g Na:671mg</p>	<p>Cal:505 CHO:65g Na:503mg</p>
<p>18 Scrambled Egg Patty Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>19 Ground Beef Stuffed Pepper Quinoa &amp; Brown Rice California Blend Vegetables Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>20 Lemon Garlic White Fish w/ Lemon Wedge Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>21 Pot Roast w/ Gravy Brown Rice Vegetable Medley Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>22 Rosemary &amp; Garlic Chicken Mashed Potatoes (dairy free) Mixed Vegetables Fruit Wheat Roll Lactaid Milk Margarine</p>
<p>Cal:560 CHO:76g Na:694mg</p>	<p>Cal:692 CHO:68g Na:496mg</p>	<p>Cal:547 CHO:68g Na:404mg</p>	<p>Cal:634 CHO:86g Na:563mg</p>	<p>Cal:665 CHO:85g Na:550mg</p>
<p>25 American Chop Suey (Turkey) Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>26 Tomato Bruschetta Chicken Couscous Kale &amp; Corn Blend Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>27 Turkey Meatloaf w/ Gravy Mashed Potatoes (dairy free) Carrots Fruit Wheat Roll Lactaid Milk Margarine</p>	<p>28 Holiday - No Meals</p>	<p>29 Maple Glazed Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll Lactaid Milk Margarine</p>
<p>Cal:655 CHO:80g Na:586mg</p>	<p>Cal:675 CHO:65g Na:594mg</p>	<p>Cal:612 CHO:72g Na:758mg</p>		<p>Cal:638 CHO:88g Na:406mg</p>