



Mystic Valley Elder Services November 2024

City Fresh Cold Supper 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>			1
				<p>Greek Pasta Salad w/ Chicken, Olives & Feta Pea Salad Wheat Roll Shortbread Cookie</p> <p>Cal:850 CHO:81g Na:828mg</p>
4	5	6	7	8
<p>High Sodium Meal</p> <p>Country Turkey-"Ham" & Swiss Cheese Sandwich (<i>Pork Free Entrée</i>) Wheat Hamburger Bun (Low Na) Potato Salad Broccoli Salad Chocolate Pudding Mustard</p> <p>Cal:877 CHO:87g Na:1317mg</p>	<p>Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Beet Salad Wheat Roll Fruit</p> <p>Cal:640 CHO:90g Na:756mg</p>	<p>Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes Wheat Hamburger Bun (Low Na) Chickpea, Craisin & Apple Salad Cole Slaw Fruit</p> <p>Cal:946 CHO:100g Na:658mg</p>	<p>Tuna Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Carrot Raisin Salad Pound Cake</p> <p>Cal:1122 CHO:110g Na:1144mg</p>	<p>Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Italian Pasta Salad Wheat Roll Fruit Honey Mustard Dressing</p> <p>Cal:716 CHO:88g Na:1077mg</p>
11	12	13	14	15
<p><u>Holiday - No Meals</u></p>	<p>Turkey & Swiss Cheese Sandwich on Wheat Bread (2 slices) - Low Na Chickpea, Quinoa & Carrot Salad Beet Salad Vanilla Pudding Mayonnaise</p> <p>Cal:980 CHO:123g Na:1075mg</p>	<p>Mediterranean Falafel & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers Macaroni Salad Mini Pitas (2 each) Fruit Greek Dressing</p> <p>Cal:960 CHO:110g Na:845mg</p>	<p>Chicken Salad w/ Tomato & Lettuce Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Zucchini Salad Chocolate Chip Cookie</p> <p>Cal:906 CHO:102g Na:745mg</p>	<p>Egg Salad Sandwich Wheat Hamburger Bun (Low Na) Primavera Pasta Salad Carrot Raisin Salad Fruit</p> <p>Cal:885 CHO:100g Na:756mg</p>
18	19	20	21	22
<p>Turkey & Cheese Sandwich Wheat Bread (2 slices) Corn & Red Pepper Salad Beet Salad Chocolate Pudding Mayo</p> <p>Cal:784 CHO:94g Na:1055mg</p>	<p>Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Cucumber Salad Dinner Roll Fruit</p> <p>Cal:726 CHO:116g Na:787mg</p>	<p>Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Chickpea, Craisin & Apple Salad Fruit</p> <p>Cal:994 CHO:115g Na:947mg</p>	<p>Buffalo Chicken & Cheese Sandwich Wheat Hamburger Bun (Low Na) Ranch Pasta Salad Shaved Brussel Sprout Salad Chocolate Chip Cookie</p> <p>Cal:751 CHO:91g Na:1157mg</p>	<p>Caprese Sandwich w/ Mozzarella, Tomato & Pesto Italian Pasta Salad Broccoli Salad Wheat Hamburger Bun Fruit</p> <p>Cal:835 CHO:92g Na:935mg</p>
25	26	27	28	29
<p>Turkey & Provolone Cheese Sandwich Wheat Hamburger Bun Ranch Pasta Salad Pickled Cabbage Slaw Vanilla Pudding Mayo</p> <p>Cal:885 CHO:110g Na:1098mg</p>	<p>Chicken Caesar Wrap Whole Grain Tortilla Corn & Red Pepper Salad Fruit Caesar Dressing Packet</p> <p>Cal:795 CHO:83g Na:905mg</p>	<p>Roast Beef & Swiss Cheese Sandwich w/ Lettuce Wheat Bread (2 slices) Beet Salad Chickpea & Red Pepper Salad Fruit Mayo</p> <p>Cal:795 CHO:105g Na:998mg</p>	<p>Holiday No Meals</p>	<p>Egg Salad Sandwich w/ Tomato & Lettuce Wheat Bun Macaroni Salad Cole Slaw Fruit</p> <p>Cal:1066 CHO:93g Na:736mg</p>