

**January 2025**

**Mystic Valley Elder Services**

**City Fresh Asian Vietnamese**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.</p>	<p><b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b></p> 	<p>New Years Day Holiday – No Meals</p>	<p>Chicken Teriyaki White Rice Broccoli Chocolate Swirl</p> <p><b>Calories 900 Sodium 917</b></p>	<p>Pork Lo Mein Noodles Broccoli Fruit</p> <p><b>Calories 800 Sodium 601</b></p>
6	7	8	9	10
<p>Beef &amp; Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit</p> <p><b>Calories 827 Sodium 696</b></p>	<p>Caramel Ginger Chicken White Rice Cabbage Fruit</p> <p><b>Calories 800 Sodium 899</b></p>	<p>Vietnamese Pork Curry White Rice Water Spinach Fruit</p> <p><b>Calories 915 Sodium 434</b></p>	<p>Beef Teriyaki White Rice Cabbage Shortbread Cookie</p> <p><b>Calories 824 Sodium 869</b></p>	<p>Turmeric &amp; Ginger Fish White Rice Water Spinach Fruit</p> <p><b>Calories 701 Sodium 527</b></p>
13	14	15	16	17
<p>Pork Fried Rice White Rice Bok Choy Fruit</p> <p><b>Calories 806 Sodium 587</b></p>	<p>Teriyaki Salmon White Rice Water Spinach Fruit</p> <p><b>Calories 789 Sodium 720</b></p>	<p>Sweet &amp; Sour Chicken White Rice Broccoli Fruit</p> <p><b>Calories 768 Sodium 767</b></p>	<p>Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit</p> <p><b>Calories 803 Sodium 713</b></p>	<p>Roasted Chicken Drumstick Mac &amp; Cheese Collard Greens Wheat Roll Chocolate Chip Cookie</p> <p><b>Calories 845 Sodium 907</b></p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday- No Meals</p>	<p>Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Bok Choy Fruit</p> <p><b>Calories 790 Sodium 975</b></p>	<p>Mongolian Beef White Rice Cabbage Fruit</p> <p><b>Calories 735 Sodium 899</b></p>	<p>Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Pound Cake</p> <p><b>Calories 875 Sodium 1157</b></p>	<p>Pork w/ Scallion &amp; Ginger Sauce White Rice Cabbage Fruit</p> <p><b>Calories 751 Sodium 599</b></p>
27	28	29	30	31
<p>Chinese BBQ Chicken White Rice Broccoli Fruit</p> <p><b>Calories 794 Sodium 687</b></p>	<p>Sweet &amp; Sour Pork White Rice Water Spinach Fruit</p> <p><b>Calories 750 Sodium 549</b></p>	<p>Chicken Teriyaki White Rice Broccoli Fruit</p> <p><b>Calories 735 Sodium 899</b></p>	<p><b>High Sodium Meal</b></p> <p>Vietnamese Caramel Shrimp &amp; Pork (Tom Thit Rim) White Rice Water Spinach Cinnamon Crumb Cake</p> <p><b>Calories 975 Sodium 1356</b></p>	<p>Pork Lo Mein Noodles Broccoli Fruit</p> <p><b>Calories 800 Sodium 601</b></p>