

**December 2024**

**Mystic Valley Elder Services**

**City Fresh Carb Controlled**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Shrimp Scampi Whole Grain Pasta Green Peas Fruit  <b>Calories 565 Sodium 615 Carb 7</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit  <b>Calories 665 Sodium 700 Carb 60</b>	Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit  <b>Calories 590 Sodium 700 Carb 60</b>	Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit  <b>Calories 493 Sodium 480 Carb 74</b>	Beef Stew Roasted Potatoes Vegetable Medley Fruit  <b>Calories 590 Sodium 593 Carb 65</b>
9	10	11	12	13
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit  <b>Calories 477 Sodium 280 Carb 51</b>	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit  <b>Calories 600 Sodium 350 Carb 60</b>	Pork with Mushroom Cream Sauce Whole Grain Pasta Green Beans Fruit  <b>Calories 637 Sodium 488 Carb 64</b>	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1)  <b>Calories 608 Sodium 578 Carb 61</b>	Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit  <b>Calories 570 Sodium 517 Carb 56</b>
16	17	18	19	20
Egg Omelet w/ cheddar cheese Rosemary Potatoes Mixed Vegetables Fruit  <b>Calories 490 Sodium 595 Carb 53</b>	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit  <b>Calories 581 Sodium 363 Carb 71</b>	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit  <b>Calories 568 Sodium 350 Carb 51</b>	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit  <b>Calories 590 Sodium 411 Carb 60</b>	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit  <b>Calories 700 Sodium 430 Carb 71</b>
23	24	25	26	27
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit  <b>Calories 551 Sodium 315 Carb 63</b>	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit  <b>Calories 605 Sodium 377 Carb 67</b>	Christmas	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit  <b>Calories 560 Sodium 356 Carb 60</b>	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit  <b>Calories 511 Sodium 575 Carb 62</b>
30	31			
Shrimp Scampi Whole Grain Pasta Green Peas Fruit  <b>Calories 565 Sodium 615 Carb 70</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit  <b>Calories 665 Sodium 426 Carb 70</b>		<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>	<b>Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine.</b>