

January 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ()</p>	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p> 	<p>New Years Day Holiday – No Meals</p>	<p>Powerhouse Turkey Chili w/ Sweet Potatoes w/ Shredded Cheese (468) California Blend Vegetables (34) Wheat Roll (150) Cinnamon Apples (3)</p> <p>Calories 764 Sodium 790</p>	<p>Salmon Florentine (182) Mashed Potatoes (22) Carrots (56) Wheat Bread (65) Peach Fruit Cup (5)</p> <p>Calories 677 Sodium 465</p>
6	7	8	9	10
<p>American Chop Suey (Turkey) (270) Whole Grain Pasta (1) Broccoli & Red Peppers (29) Wheat Roll (150) Pudding (130)</p> <p>Calories 738 Sodium 715</p>	<p>Pot Roast w/ Brown Gravy (584) Mashed Sweet Potatoes (42) California Blend Vegetables (34) Wheat Bread (65) Applesauce (2)</p> <p>Calories 660 Sodium 862</p>	<p>Chicken Noodle Casserole (397) Egg Noodles (7) Carrots (56) Wheat Roll (150) Fruit (0)</p> <p>Calories 784 Sodium 745</p>	<p>Chicken w/ Cheese Tortellini (225) w/ Pesto Cream Sauce (260) Green Beans w/ Red Peppers (20) Dinner Roll (150) Mandarin Fruit Cup (5)</p> <p>Calories 839 Sodium 795</p>	<p>White Fish Picatta (450) Rice Pilaf (50) Green Peas (20) Hawaiian Roll (80) Shortbread Cookie (150)</p> <p>Calories 844 Sodium 885</p>
13	14	15	16	17
<p>Teriyaki Meatballs (Beef) (602) White Rice (25) Brussel Sprouts (26) Hawaiian Roll (80) Cinnamon Apples (3)</p> <p>Calories 695 Sodium 871</p>	<p>Broccoli Cheddar Stuffed Chicken(410) Mashed Potatoes (22) Mixed Winter Vegetables (65) Hawaiian Roll (80) Vanilla Pudding (130)</p> <p>Calories 736 Sodium 842</p>	<p>Creamy Cajun Shrimp (534) Whole Grain Pasta (4) Corn w/ Peppers (21) Wheat Bread (65) Cinnamon Apples (3)</p> <p>Calories 676 Sodium 762</p>	<p>Beef w/ Peppers & Onions (154) White Rice (25) Carrots (56) Wheat Roll (150) Banana (1)</p> <p>Calories 677 Sodium 521</p>	<p>Roasted Chicken Thigh (90) Mac & Cheese (402) Green Peas (20) Wheat Roll (150) Chocolate Chip Cookie (80)</p> <p>Calories 938 Sodium 877</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Pork Chop with Apple Chutney (85) Butternut Squash (3) Broccoli (29) Dinner Roll (150) Applesauce (2)</p> <p>Calories 742 Sodium 404</p>	<p>Beef Stew (219) w/ Cornbread (180) Green Beans w/ Red Peppers (20) Vanilla Pudding (130)</p> <p>Calories 798 Sodium 684</p>	<p><u>Winter Special Meal</u></p> <p>Rosemary & Garlic Chicken (143) Mashed Potatoes (25) Vegetable Medley (55) Wheat Dinner Roll (150) Pound Cake (240)</p> <p>Calories 928 Sodium 748</p>	<p>Herb Crusted Fish w/ Lemon (345) Orzo (4) Tartar Sauce (110) Garlic Spinach (113) Wheat Bread (65) Peach Fruit Cup (5)</p> <p>Calories 780 Sodium 857</p>
27	28	29	30	31
<p>Honey Jerk Chicken Thigh (383) Vegetable Couscous (26) Zucchini & Peppers (20) Wheat Roll (150) Applesauce (2)</p> <p>Calories 702 Sodium 716</p>	<p>Salisbury Steak w/ Gravy (650) Mashed Potatoes (24) Mixed Root Vegetables (65) Wheat Bread (65) Pear (0)</p> <p>Calories 680 Sodium 939</p>	<p>Chicken Alfredo (610) Whole Grain Pasta (4) Broccoli (29) Hawaiian Roll (80) Banana (1)</p> <p>Calories 732 Sodium 859</p>	<p>Beef Stroganoff (185) Egg Noodles (5) Brussel Sprouts (26) Wheat Roll (150) Cinnamon Crumb Cake (190)</p> <p>Calories 897 Sodium 691</p>	<p>Cheese Lasagna (390) w/ Marinara & Mozzarella (315) Green Beans w/ Red Peppers (20) Dinner Roll (150) Mandarin Orange Cup (5)</p> <p>Calories 680 Sodium 1015</p>