

December 2024

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
2 High Sodium Meal	3	4	5	6
Country Turkey "Ham" & Swiss Sandwich (Pork Free Entrée) (550) Wheat Hamburger Bun (80) Potato Salad (250) Mustard (55) Broccoli Salad (147) Shortbread Cookie (150) Calories 887 Sodium 1337	Caprese Pasta Salad (111) w/ Mozzarella, Tomatoes & Basil (300) Beet Salad (90) Wheat Roll (150) Fruit (0) Calories 640 Sodium 756	Waldorf Chicken Salad Sandwich w/ Lettuce & Tomatoes (167) Wheat Hamburger Bun (80) Chickpea, Craisin & Apple Salad (199) Cole Slaw (107) Pudding (130) Calories 970 Sodium 788	Tuna Salad Sandwich (403) w/ Tomato & Lettuce (7) Wheat Bun (80) Macaroni Salad (185) Carrot Raisin Salad (124) Fruit (0) Calories 1052 Sodium 940	Crispy Chicken Salad (407) over Romaine, Tomatoes, Cucumbers Italian Pasta Salad (195) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220) Calories 696 Sodium 895
9	10	11	12	13
Chicken Salad (160) w/ Tomato & Lettuce (7) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Pea Salad (188) Pudding (130) Calories 1065 Sodium 862	Turkey & Swiss Cheese (440) on Wheat Bread (130) Chickpea, Quinoa, Carrot Salad (110) Tomato-Cucumber Salad (131) Oatmeal Cookie (90) Mayonnaise (60) Calories 916 Sodium 1066	Mediterranean Falafel & Quinoa Salad (340) w/ Spinach, Tomatoes, & Cucumbers Macaroni Salad (185) Mini Pitas (85) Fruit (0) Greek Dressing (130) Calories 960 Sodium 845	Roast Beef & Swiss Cheese Sandwich w/ Lettuce (431) Wheat Bread (130) Broccoli Salad (147) Sweet Potato & Craisin Salad (35) Fruit (0) Mayo (60) Calories 959 Sodium 908	Egg Salad Sandwich (252) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0) Calories 885 Sodium 756
16	17	18	19	20
Tortellini Pasta Salad (430) w/ Beans, Spinach, Sundried Tomato Brussel Sprout Salad (131) Dinner Roll (150) Fruit (0) Calories 705 Sodium 816	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (10) Beet Salad (90) Pudding (130) Mayo (60) Calories 784 Sodium 1005	Buffalo Chicken & Cheese (694) Wheat Hamburger Bun (80) Ranch Pasta Salad (178) Cucumber Salad (2) Cinnamon Swirl (105) Calories 886 Sodium 1164	Whole Grain Tuna Pasta Salad (463) w/ Green Peas Cornbread Loaf (180) Chickpea, Craisin & Apple Salad (199) Fruit (0) Calories 994 Sodium 947	Caprese Sandwich w/ Mozzarella, Tomato & Pesto (408) Italian Pasta Salad (195) Broccoli Salad (147) Wheat Hamburger Bun (80) Fruit (0) Calories 835 Sodium 935
23	24	25	26	27
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Carrot Raisin Salad (124) Pudding (130) Mayo (60) Calories 834 Sodium 1171	Egg Salad Sandwich (252) w/ Tomato & Lettuce (7) Wheat Bun (80) Macaroni Salad (185) Cole Slaw (107) Fruit (0) Calories 1066 Sodium 736	Christmas	Greek Pasta Salad w/ Chicken, Olives & Feta (235) Pea Salad (188) Wheat Roll (80) Pound Cake (240) Calories 870 Sodium 918	Chicken Caesar Wrap (300) Whole Grain Tortilla (200) Corn & Red Pepper Salad (10) Fruit (0) Caesar Dressing Packet (290) Calories 795 Sodium 905
30	31			
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Beet Salad (92) Wheat Roll (80) Chocolate Swirl (105) Calories 798 Sodium 863	Roast Beef & Swiss Cheese Sandwich w/ Lettuce (431) Wheat Bread (130) Potato Salad (250) Carrot Raisin Salad (124) Fruit (0) Mustard (55) Calories 862 Sodium 1095		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine. Individual Sodium amount in (_)