

December 2024

Mystic Valley Elder Services

City Fresh Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheese Lasagna w/ Marinara & Mozzarella Cheese Green Beans w/ Red Peppers Hawaiian Roll Fruit Calories 644 Sodium 940	Chik'n Anna Maria Mashed Potatoes Mixed Vegetables Wheat Bread Shortbread Cookie Calories 942 Sodium 1093	Refried Bean & Cheese Tacos Mexican Rice Black Beans, Corn & Peppers Mini Tortillas (2) Fruit Calories 750 Sodium 1055	Vegetarian Meatloaf w/ Gravy Roasted Potatoes Spinach & Peppers Wheat Bread Pudding Calories 692 Sodium 1042	Lentils w/ Peppers & Onions Mashed Potatoes Carrots Dinner Roll Fruit Calories 676 Sodium 580
9	10	11	12	13
Teriyaki Tofu White Rice Edamame & Corn Wheat Roll Cinnamon Apples Calories 796 Sodium 771	Stewed Garbanzo Beans & Tomatoes Polenta Vegetable Medley Whole Grain Cornbread Oatmeal Cookie Calories 763 Sodium 819	Veggie Meatballs & Marinara w/ Parm Whole Grain Pasta Brussel Sprouts & Carrots Garlic Bread Fruit Calories 738 Sodium 1063	3 Bean Chili w/ Shredded Cheese California Blend Vegetables Whole Grain Cornbread Fruit Calories 668 Sodium 970	Tuscan Veggie Fritters Rice Pilaf Broccoli Wheat Bread Pudding Calories 892 Sodium 904
16	17	18	19	20
Hawaiian Chik'n Sweet Rice Carrots Wheat Bread Fruit Calories 814 Sodium 534	Falafel Nuggets Vegetable Rice Pilaf Green Peas Wheat Roll Pudding Calories 780 Sodium 795	Stuffed Shells w/ Lentil Bolognese & Parmesan Mixed Vegetables Garlic Bread Mixed Fruit Calories 702 Sodium 969	Holiday Meal Baked Veggie Sausage w/ Pineapple-Raisin Sauce Mashed Sweet Potatoes Broccoli Wheat Roll Cinnamon Swirl Calories 932 Sodium 1066	Maple Glazed Chik'n Roasted Potatoes Brussel Sprouts Wheat Bread Fruit Calories 830 Sodium 705
23	24	25	26	27
Lentil Stew w/ Cornbread Loaf Kale & Peppers Fruit Calories 680 Sodium 576	Roast Tofu w/ Gravy Mashed Potatoes Green Beans Dinner Roll Fruit Calories 620 Sodium 659	Christmas	Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Whole Grain Biscuit Fruit Calories 764 Sodium 1154	Creamy Garlic Chik'n Rice Pilaf Mixed Root Vegetables Wheat Roll Pound Cake Calories 891 Sodium 1123
30	31			
BBQ Chickpeas Baked Beans Vegetable Medley Wheat Bread Fruit Calories 679 Sodium 874	Unstuffed Pepper Bowl w/ Lentils White Rice Carrots Wheat Roll Mixed Fruit Calories 680 Sodium 568		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.