

*January 2025*

*Mystic Valley Elder Services*

*City Fresh Vegetarian*

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>Chik'n Patty Black Eyed Peas Green Beans w/ Red Peppers Hawaiian Roll Chocolate Swirl</p> <p><b>Calories 940 Sodium 841</b></p>	<p>White Bean Florentine Mashed Potatoes Carrots Cornbread Loaf Peach Fruit Cup</p> <p><b>Calories 665 Sodium 860</b></p>
6	7	8	9	10
<p>Vegetarian Chop Suey Whole Grain Pasta Broccoli &amp; Red Peppers Wheat Roll Pudding</p> <p><b>Calories 660 Sodium 971</b></p>	<p>Teriyaki Veggie Meatballs White Rice Brussel Sprouts Hawaiian Roll Cinnamon Apples</p> <p><b>Calories 716 Sodium 959</b></p>	<p>Vegetarian Noodle Casserole Egg Noodles Carrots Wheat Roll Fruit</p> <p><b>Calories 740 Sodium 1004</b></p>	<p>Tofu &amp; Artichoke Picatta Rice Pilaf Green Peas Hawaiian Roll Shortbread Cookie</p> <p><b>Calories 890 Sodium 754</b></p>	<p>Cheese Tortellini w/ Pesto Cream Sauce Green Beans w/ Red Peppers Dinner Roll Mandarin Fruit Cup</p> <p><b>Calories 709 Sodium 745</b></p>
13	14	15	16	17
<p>Veggie Sausage w/ Gravy Mashed Sweet Potatoes California Blend Vegetables Wheat Bread Applesauce</p> <p><b>Calories 660 Sodium 829</b></p>	<p>Vegan Chik'n Cutlet Mashed Potatoes Mixed Winter Vegetables Hawaiian Roll Vanilla Pudding</p> <p><b>Calories 726 Sodium 792</b></p>	<p>Creamy Cajun Tofu Whole Grain Pasta Corn w/ Peppers Wheat Bread Cinnamon Apples</p> <p><b>Calories 734 Sodium 430</b></p>	<p>Veggie Sausage w/ Peppers &amp; Onions White Rice Carrots Wheat Roll Banana</p> <p><b>Calories 676 Sodium 877</b></p>	<p>Braised Garbanzo Beans Mac &amp; Cheese Collard Greens Wheat Roll Chocolate Chip Cookie</p> <p><b>Calories 805 Sodium 1231</b></p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Veggie Fritters w/ Apple Chutney Butternut Squash Broccoli Dinner Roll Applesauce</p> <p><b>Calories 650 Sodium 654</b></p>	<p>Lentil Stew w/ Cornbread Green Beans w/ Red Peppers Vanilla Pudding</p> <p><b>Calories 697 Sodium 588</b></p>	<p>Rosemary &amp; Garlic White Beans Mashed Potatoes Vegetable Medley Wheat Dinner Roll Pound Cake</p> <p><b>Calories 896 Sodium 1018</b></p>	<p>Veggie Fritters Orzo Garlic Spinach Wheat Bread Peach Fruit Cup</p> <p><b>Calories 655 Sodium 652</b></p>
27	28	29	30	31
<p>Honey Jerk Tofu Vegetable Couscous Zucchini &amp; Peppers Wheat Roll Applesauce</p> <p><b>Calories 665 Sodium 821</b></p>	<p>Lentils w/ Gravy Mashed Potatoes Mixed Root Vegetables Cornbread Loaf Pear</p> <p><b>Calories 685 Sodium 622</b></p>	<p>Vegetarian Carbonara Whole Grain Pasta Broccoli Hawaiian Roll Banana</p> <p><b>Calories 722 Sodium 716</b></p>	<p>Vegetarian Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Crumb Cake</p> <p><b>Calories 918 Sodium 1006</b></p>	<p>Cheese Lasagna w/ Marinara &amp; Mozzarella Green Beans w/ Red Peppers Dinner Roll Mandarin Orange Cup</p> <p><b>Calories 660 Sodium 968</b></p>