

February 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.</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>
3	4	5	6	7
<p>Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit</p> <p>Calories 827 Sodium 696</p>	<p>Caramel Ginger Chicken White Rice Cabbage Fruit</p> <p>Calories 800 Sodium 899</p>	<p>Vietnamese Pork Curry White Rice Water Spinach Fruit</p> <p>Calories 915 Sodium 434</p>	<p>Beef Teriyaki White Rice Cabbage Fig Newton</p> <p>Calories 794 Sodium 719</p>	<p>Pork Lo Mein Noodles Broccoli Fruit</p> <p>Calories 800 Sodium 601</p>
10	11	12	13	14
<p>Pork Fried Rice White Rice Bok Choy Fruit</p> <p>Calories 806 Sodium 587</p>	<p>Teriyaki Salmon White Rice Water Spinach Fruit</p> <p>Calories 789 Sodium 720</p>	<p>Sweet & Sour Chicken White Rice Broccoli Fruit</p> <p>Calories 768 Sodium 767</p>	<p>Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit</p> <p>Calories 803 Sodium 713</p>	<p>Holiday Meal Chicken Parmesan Whole Grain Pasta Broccoli Dinner Roll Pound Cake</p> <p>Calories 753 Sodium 1145</p>
17	18	19	20	21
<p>Presidents' Day Holiday- No Meals</p>	<p>Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Bok Choy Fruit</p> <p>Calories 790 Sodium 975</p>	<p>Mongolian Beef White Rice Cabbage Fruit</p> <p>Calories 735 Sodium 899</p>	<p>Turmeric & Ginger Fish White Rice Water Spinach Fruit</p> <p>Calories 702 Sodium 527</p>	<p>Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fruit</p> <p>Calories 790 Sodium 864</p>
24	25	26	27	28
<p>Pork w/ Scallion & Ginger Sauce White Rice Cabbage Oatmeal Cookie</p> <p>Calories 751 Sodium 599</p>	<p>Sweet & Sour Pork White Rice Water Spinach Fruit</p> <p>Calories 750 Sodium 549</p>	<p>Chicken Teriyaki White Rice Broccoli Shortbread cookie</p> <p>Calories 925 Sodium 962</p>	<p>Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit</p> <p>Calories 918 Sodium 1166</p>	<p>Pork Lo Mein Noodles Broccoli Fruit</p> <p>Calories 800 Sodium 601</p>