

February 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change.</p> <p>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>
3	4	5	6	7
<p>Tuscan Chicken (254) Mashed Potatoes (22) Vegetable Medley (54) Wheat Bread (65) Pudding (130)</p> <p>Calories 847 Sodium 660</p>	<p>Beef w/ Peppers & Onions (155) Orzo (4) Carrots (56) Wheat Roll (150) Fruit (0)</p> <p>Calories 635 Sodium 500</p>	<p>Teriyaki Salmon (456) White Rice (25) Broccoli (29) Wheat Roll (150) Cinnamon Apple (3)</p> <p>Calories 677 Sodium 798</p>	<p>Chicken Anna Maria (470) Mashed Potatoes (22) Mixed Vegetables (51) Wheat Bread (65) Fig Newton (180)</p> <p>Calories 841 Sodium 923</p>	<p>Meatloaf w/ Gravy (546) Roasted Potatoes (85) Spinach & Peppers (65) Cornbread Loaf (180) Mandarin Orange Cup (5)</p> <p>Calories 726 Sodium 1016</p>
10	11	12	13	14 Valentine's Day Meal
<p>Pulled Pork Tacos w/ Lime (415) Brown Rice (20) Black Beans, Corn & Peppers (61) Mini Tortillas (270) Fruit (0)</p> <p>Calories 814 Sodium 901</p>	<p>Chicken Picatta (555) Roasted Potatoes (85) Brussel Sprouts (26) Wheat Bread (65) Fruit (0)</p> <p>Calories 807 Sodium 842</p>	<p>Tuscan White Fish (413) Rice Pilaf (50) Zucchini Squash (20) Wheat Bread (65) Pudding (130)</p> <p>Calories 833 Sodium 813</p>	<p>Powerhouse Turkey Chili w/ Sweet Potatoes w/ Shredded Cheese (468) California Blend Vegetables (34) Cornbread (180) Mixed Fruit (5)</p> <p>Calories 857 Sodium 822</p>	<p>Chicken Parmesan (637) Whole Grain Pasta (4) Broccoli (29) Dinner Roll (100) Pound Cake (240)</p> <p>Calories 753 Sodium 1154</p>
17	18	19	20	21
<p>Presidents' Day Holiday – No Meals</p>	<p>Beef Stew (220) w/ Cornbread (180) Kale & Peppers (29) Fruit (0)</p> <p>Calories 741 Sodium 564</p>	<p>Stewed Chicken Drumstick (215) Polenta (4) California Blend Vegetables (34) Wheat Dinner Roll (150) Chocolate Pudding (130)</p> <p>Calories 735 Sodium 668</p>	<p>Shepherd's Pie (Beef) (313) w/ Mashed Potatoes, Corn, Peas Vegetable Medley (54) Wheat Roll (150) Mandarin Cup (5)</p> <p>Calories 744 Sodium 657</p>	<p>Potato Pollock (330) Vegetable Rice Pilaf (50) Carrots (56) Dinner Roll (100) Cinnamon Apples (3) Tartar Sauce (110)</p> <p>Calories 737 Sodium 784</p>
24	25	26	27	28
<p>Roast Turkey w/ Gravy (400) Mashed Sweet Potatoes (42) Green Peas (20) Wheat Roll (150) Oatmeal Cookie (80)</p> <p>Calories 706 Sodium 827</p>	<p>BBQ Chicken (385) Baked Beans (140) Vegetable Medley (54) Wheat Bread (65) Fruit (0)</p> <p>Calories 757 Sodium 779</p>	<p>Southwest Beef & Bean Chili (380) w/ Shredded Cheese (50) Broccoli (29) Cornbread Loaf (180) Mixed Fruit (5)</p> <p>Calories 725 Sodium 779</p>	<p>Pork w/ Mushroom Cream Sauce(344) Rice Pilaf (50) Carrots (56) Wheat Roll (150) Shortbread Cookie (150)</p> <p>Calories 835 Sodium 885</p>	<p>Creamy Garlic Salmon (407) Mashed Potatoes (22) Mixed Root Vegetables (65) Wheat Roll (150) Banana (1)</p> <p>Calories 825 Sodium 780</p>