

February 2025

Mystic Valley Elder Services

City Fresh Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Totals Include 110mg Na+ for Lactaid 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>Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll</p> <p style="text-align: right;">Calories 566 Sodium 446</p>	<p>Salmon w/ Lemon Wedge Mashed Potatoes (dairy free) Garlic Kale Fruit Wheat Roll</p> <p style="text-align: right;">Calories 687 Sodium 516</p>	<p>Pork Marsala Whole Grain Pasta Green Beans Fruit Wheat Roll</p> <p style="text-align: right;">Calories 759 Sodium 482</p>	<p>Chicken Tacos (NO CHEESE) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1)</p> <p style="text-align: right;">Calories 668 Sodium 518</p>	<p>Whole Grain Pasta w/ Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread</p> <p style="text-align: right;">Calories 630 Sodium 474</p>
10	11	12	13	14
<p>Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll</p> <p style="text-align: right;">Calories 516 Sodium 553</p>	<p>White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll</p> <p style="text-align: right;">Calories 670 Sodium 530</p>	<p>Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll</p> <p style="text-align: right;">Calories 573 Sodium 760</p>	<p>American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread</p> <p style="text-align: right;">Calories 728 Sodium 496</p>	<p>Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll</p> <p style="text-align: right;">Calories 790 Sodium 592</p>
17	18	19	20	21
<p>Presidents' Day Holiday – No Meals</p>	<p>Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll</p> <p style="text-align: right;">Calories 640 Sodium 483</p>	<p>Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll</p> <p style="text-align: right;">Calories 716 Sodium 579</p>	<p>Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll</p> <p style="text-align: right;">Calories 647 Sodium 583</p>	<p>White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll</p> <p style="text-align: right;">Calories 545 Sodium 643</p>
24	25	26	27	28
<p>Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll</p> <p style="text-align: right;">Calories 650 Sodium 779</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll</p> <p style="text-align: right;">Calories 756 Sodium 593</p>	<p>Roast Turkey w/ Gravy Mashed Potatoes (contains whey) Carrots Fruit Hawaiian Roll</p> <p style="text-align: right;">Calories 635 Sodium 798</p>	<p>Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll</p> <p style="text-align: right;">Calories 552 Sodium 528</p>	<p>Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll</p> <p style="text-align: right;">Calories 680 Sodium 756</p>