

February 2025

Mystic Valley Elder Services

City Fresh Renal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Totals Include for 4 oz Whole 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 Couscous California Blend Vegetables Wheat Bread Applesauce</p> <p>Calories 612 Sodium 289</p>	<p>Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only)</p> <p>Calories 703 Sodium 693</p>	<p>Pork Marsala Egg Noodles Green Beans Wheat Bread Fresh Apple</p> <p>Calories 648 Sodium 325</p>	<p>Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce</p> <p>Calories 712 Sodium 506</p>	<p>Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear)</p> <p>Calories 640 Sodium 278</p>
10	11	12	13	14
<p>Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce</p> <p>Calories 580 Sodium 491</p>	<p>White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only)</p> <p>Calories 608 Sodium 383</p>	<p>Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple</p> <p>Calories 680 Sodium 631</p>	<p>Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce</p> <p>Calories 580 Sodium 229</p>	<p>Rosemary & Garlic Chicken Rice Pilaf Broccoli Wheat Bread Fruit Cup (Peach/Pear)</p> <p>Calories 869 Sodium 363</p>
17	18	19	20	21
<p>Presidents' Day Holiday – No Meals</p>	<p>Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce</p> <p>Calories 697 Sodium 347</p>	<p>Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Cookie (Oatmeal/Sugar only)</p> <p>Calories 865 Sodium 502</p>	<p>Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce</p> <p>Calories 608 Sodium 580</p>	<p>Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear)</p> <p>Calories 668 Sodium 354</p>
24	25	26	27	28
<p>Shrimp Scampi Pasta Green Peas Wheat Bread Applesauce</p> <p>Calories 668 Sodium 621</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only)</p> <p>Calories 750 Sodium 623</p>	<p>Roast Turkey w/ Gravy White Rice Carrots Wheat Bread Fresh Apple</p> <p>Calories 660 Sodium 611</p>	<p>Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce</p> <p>Calories 597 Sodium 466</p>	<p>Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear)</p> <p>Calories 780 Sodium 541</p>