

# February 2025

# Mystic Valley Elder Services

# City Fresh Vegetarian

| 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><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>                               |
| 3   | 4   | 5   | 6   | 7  |
| <p>Tuscan Tofu<br/>Mashed Potatoes<br/>Vegetable Medley<br/>Wheat Bread<br/>Chocolate Pudding</p> <p><b>Calories 813 Sodium 592</b></p>   | <p>Veggie Sausage w/ Peppers &amp; Onions<br/>Orzo<br/>Carrots<br/>Wheat Roll<br/>Fruit</p> <p><b>Calories 650 Sodium 852</b></p> | <p>Teriyaki Tofu<br/>White Rice<br/>Broccoli<br/>Wheat Roll<br/>Cinnamon Apples</p> <p><b>Calories 976 Sodium 991</b></p>                       | <p>Chik'n Anna Maria<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Wheat Bread<br/>Fig Newton</p> <p><b>Calories 976 Sodium 991</b></p>  | <p>Vegetarian Meatloaf w/ Gravy<br/>Roasted Potatoes<br/>Spinach &amp; Peppers<br/>Cornbread Loaf<br/>Mandarin Orange Cup</p> <p><b>Calories 666 Sodium 1102</b></p> |
| 10  | 11  | 12  | 13  | 14   |
| <p>Refried Bean &amp; Cheese Tacos w/ Lime Wedge<br/>Brown Rice<br/>Black Beans, Corn &amp; Peppers<br/>Mini Tortillas (2)<br/>Fruit</p> <p><b>Calories 748 Sodium 1004</b></p> | <p>Chik'n Picatta<br/>Roasted Potatoes<br/>Brussel Sprouts<br/>Wheat Bread<br/>Fruit</p> <p><b>Calories 822 Sodium 873</b></p>    | <p>Tuscan Fritters<br/>Rice Pilaf<br/>Zucchini Squash<br/>Wheat Bread<br/>Pudding</p> <p><b>Calories 905 Sodium 895</b></p>                     | <p>Powerhouse Bean Chili w/ Sweet Potatoes<br/>w/ Shredded Cheese<br/>California Blend Vegetables<br/>Whole Grain Cornbread<br/>Mixed Fruit</p> <p><b>Calories 719 Sodium 887</b></p> | <p>Chik'n Parmesan<br/>Whole Grain Pasta<br/>Broccoli<br/>Dinner Roll<br/>Pound Cake</p> <p><b>Calories 846 Sodium 1121</b></p>                                      |
| 17  | 18  | 19  | 20  | 21   |
| <p>Presidents' Day<br/>Holiday – No Meals</p>   | <p>Lentil Stew<br/>w/ Whole Grain Biscuit<br/>Kale &amp; Peppers<br/>Fruit</p> <p><b>Calories 663 Sodium 664</b></p>              | <p>Veggie Fritters<br/>Vegetable Rice Pilaf<br/>Vegetable Medley<br/>Wheat Roll<br/>Mandarin Cup</p> <p><b>Calories 667 Sodium 724</b></p>      | <p>High Sodium Meal</p> <p>Mac &amp; Cheese (Entrée)<br/>Collard Greens<br/>Cornbread Loaf<br/>Vanilla Pudding</p> <p><b>Calories 1094 Sodium 1289</b></p>                            | <p>Vegetarian Shepherd's Pie<br/>w/ Mashed Potatoes, Corn, Peas<br/>Carrots<br/>Dinner Roll<br/>Cinnamon Apples</p> <p><b>Calories 677 Sodium 843</b></p>            |
| 24  | 25  | 26  | 27  | 28   |
| <p>Roast Tofu w/ Gravy<br/>Mashed Sweet Potatoes<br/>Green Peas<br/>Wheat Roll<br/>Oatmeal Cookie</p> <p><b>Calories 675 Sodium 667</b></p>                                     | <p>BBQ Chik'n<br/>Baked Beans<br/>Vegetable Medley<br/>Wheat Bread<br/>Fruit</p> <p><b>Calories 794 Sodium 900</b></p>            | <p>Southwest Bean Chili<br/>w/ Shredded Cheese<br/>Broccoli<br/>Cornbread Loaf<br/>Shortbread Cookie</p> <p><b>Calories 725 Sodium 1056</b></p> | <p>Veggie Sausage w/ Mushroom Cream Sauce<br/>Rice Pilaf<br/>Carrots<br/>Wheat Roll &amp; Mixed Fruit</p> <p><b>Calories 680 Sodium 1007</b></p>                                      | <p>Creamy Garlic Tofu<br/>Mashed Potatoes<br/>Mixed Root Vegetables<br/>Wheat Roll<br/>Chocolate Pudding</p> <p><b>Calories 796 Sodium 836</b></p>                   |