


March 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 827 Sodium 696	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 800 Sodium 899	Vietnamese Pork Curry White Rice Water Spinach Fruit Calories 915 Sodium 434	Beef Teriyaki White Rice Cabbage Fig Newton Calories 794 Sodium 719	Pork Lo Mein Noodles Broccoli Fruit Calories 800 Sodium 601
10	11	12	13	14
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 670 Sodium 807	Teriyaki Salmon White Rice Water Spinach Fruit Calories 789 Sodium 720	Sweet & Sour Chicken White Rice Broccoli Fruit Calories 768 Sodium 767	Pork Fried Rice White Rice Cabbage Fruit Calories 806 Sodium 564	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Shortbread Cookie Calories 853 Sodium 863
17	18 St. Patrick's Day Special Meal	19	20	21
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 790 Sodium 931	Corned Beef & Cabbage Boiled Potatoes Carrots Oatmeal Roll Brownie Calories 934 Sodium 1454 <i>High Sodium Meal</i>	Mongolian Beef White Rice Cabbage Fruit Calories 735 Sodium 899	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 702 Sodium 527	Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fruit Calories 790 Sodium 864
24	25	26	27	28
Pork w/ Scallion & Ginger Sauce White Rice Cabbage Oatmeal Cookie Calories 751 Sodium 599	Sweet & Sour Pork White Rice Water Spinach Pound Cake Calories 750 Sodium 789	Chicken Teriyaki White Rice Broccoli Fruit Calories 925 Sodium 812	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Cabbage Fruit Calories 918 Sodium 1141	Pork Lo Mein Noodles Broccoli Fruit Calories 800 Sodium 601
31				
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Chocolate Chip cookie Calories 840 Sodium 776			Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303