


March 2025

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Stuffed Shells (230) w/ Turkey Bolognese (190) Mixed Vegetables (51) Wheat Roll (150) Pear Cup (0) Calories 723 Sodium 756	Chicken Shawarma w/ White Sauce (630) White Rice (25) Stewed Tomatoes (166) Mini Pita Bread (170) Peach Fruit Cup (5) Calories 650 Sodium 1131	Whole Grain Cheese Ravioli (200) Lemon Ricotta Parmesan Sauce (45) Spinach & Peppers (65) Wheat Roll (150) Lemon White Chocolate Cookie (100) Calories 757 Sodium 695	Beef Stroganoff (188) Mashed Potatoes (22) Brussel Sprouts (26) Wheat Bread (65) Vanilla Pudding (130) Calories 733 Sodium 566	White Fish Florentine (250) Roasted Potatoes (85) Broccoli (29) Oatmeal Roll (260) Banana (1) Calories 605 Sodium 760
10	11	12 St. Patrick's Day Special	13	14
Broccoli Cheddar Stuffed Chicken(410) Rice Pilaf (50) Mixed Root Vegetables (65) Hawaiian Roll (80) Mixed Fruit (5) Calories 736 Sodium 745	Beef w/ Peppers & Onions (155) White Rice (25) Brussel Sprouts (26) Hawaiian Roll (80) Pear (1) Calories 697 Sodium 422	Corned Beef & Cabbage (745) Boiled Potatoes (133) Carrots (56) Oatmeal Roll (260) Brownie (125) Calories 934 Sodium 1454 High Sodium Meal	Chicken Pot Pie (213) w/ Whole Grain Biscuit (370) Vegetable Medley (54) Chocolate Pudding (135) Calories 854 Sodium 907	Kale, Sweet Potato & White Bean Stew w/ Orzo (484) Green Beans w/ Red Peppers (20) Cornbread Loaf (180) Mandarin Fruit Cup (5) Calories 687 Sodium 824
17	18	19	20	21
Pork Cacciatore (186) Pasta (4) Green Peas (20) Wheat Bread (65) Shortbread Cookie (150) Calories 833 Sodium 560	Powerhouse Turkey Chili w/ Sweet Potatoes (372) w/ Shredded Cheese (96) California Blend Vegetables (34) Wheat Roll (150) Orange (0) Calories 790 Sodium 787	Tuscan Chicken (255) Orzo (4) Broccoli (29) Hawaiian Roll (80) Pear (1) Calories 762 Sodium 504	Pot Roast w/ Brown Gravy (580) Mashed Sweet Potatoes (42) California Blend Vegetables (34) Dinner Roll (100) Vanilla Pudding (130) Calories 695 Sodium 1021	Cajun Seafood Pasta (464) Whole Grain Pasta (4) Corn w/ Peppers (21) Wheat Bread (65) Mixed Fruit (5) Calories 720 Sodium 694
24	25	26	27	28
Pork Chop with Apple Chutney (85) Orzo (2) Butternut Squash (29) Hawaiian Roll (80) Applesauce (2) Calories 738 Sodium 333	Rosemary & Garlic Chicken (145) Mashed Potatoes (22) Mixed Vegetables (51) Wheat Roll (150) Pound Cake (240) Calories 928 Sodium 743	Teriyaki Salmon (456) White Rice (25) Garlic Spinach (113) Dinner Roll (100) Banana (1) Calories 808 Sodium 830	Hot Dog (Beef) (540) Baked Beans (140) Carrots (56) Wheat Hot Dog Bun (85) Orange (0) Ketchup (85) Calories 870 Sodium 1041	Whole Grain Cheese Lasagna (390) Lentil Bolognese & Parm Cheese (233) Broccoli (29) Wheat Roll (150) Chocolate Chip Cookie (80) Calories 761 Sodium 1017
31				
Beef Stew (140) w/ Cornbread (180) Green Beans w/ Red Peppers (20) Cinnamon Apples (3) Calories 713 Sodium 478			Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ()	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303