

March 2025

Mystic Valley Elder Services

City Fresh Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
3 Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446	4 Salmon w/ Lemon Wedge Mashed Potatoes (dairy free) Garlic Kale Fruit Wheat Roll Calories 687 Sodium 516	5 Pork Marsala Whole Grain Pasta Green Beans Fruit Wheat Roll Calories 759 Sodium 482	6 Chicken Tacos (NO CHEESE) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 668 Sodium 518	7 Whole Grain Pasta w/ Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread Calories 630 Sodium 474
10 Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 553	11 White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit & Wheat Roll Calories 670 Sodium 530	12 Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 573 Sodium 760	13 American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 728 Sodium 496	14 Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 790 Sodium 592
17 Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483	18 Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559	19 Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 716 Sodium 579	20 Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583	21 White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll Calories 545 Sodium 643
24 Shrimp Scampi Whole Grain Pasta Green Peas Fruit Wheat Roll Calories 650 Sodium 779	25 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593	26 Roast Turkey w/ Gravy Mashed Potatoes (contains whey) Carrots Fruit Hawaiian Roll Calories 635 Sodium 798	27 Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 528	28 Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 756
31 Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446			Menu Subject to change. Totals Include 110mg Na+ for Lactaid 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