


March 2025

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Roast Beef & Swiss Cheese (280) Wheat Bread (130) Broccoli Salad (147) Sweet Potato & Craisin Salad (35) Fruit (0) Mayo (60) Calories 1030 Sodium 764	Turkey & Swiss Cheese (440) on Wheat Bread (130) Chickpea, Quinoa & Carrot Salad(110) Tomato-Cucumber Salad (73) Pudding (130) Mayo (60) Calories 930 Sodium 1048	Mediterranean Falafel & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers (340) Potato Salad (250) Mini Pitas (85) Greek Dressing (130) Lemon White Chocolate Cookie (100) Calories 865 Sodium 1010	Chicken Salad (160) Wheat Bread (130) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Pea Salad (188) Fruit (0) Calories 975 Sodium 725	Egg Salad Sandwich (252) Wheat Hamburger Bun (80) Primavera Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0) Calories 885 Sodium 756
10	11	12	13	14
Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes (430) Brussel Sprout Salad (11) Dinner Roll (100) Fruit (0) Calories 675 Sodium 646	Buffalo Chicken & Cheese (525) Wheat Hamburger Bun (80) Potato Salad (252) Cucumber Salad (2) Pudding (1300) Calories 695 Sodium 1094	Turkey & Cheese Sandwich (530) Wheat Hamburger Bun (80) Corn & Red Pepper Salad (10) Beet Salad (90) Fruit (0) Mayo (60) Calories 745 Sodium 875	Chicken Swarma Bowl (430) w/ Tzatziki and Rice (215) Tomato & Cucumber Salad (73) Zucchini Salad (131) Mini Pita Breads (85) Shortbread Cookie (150) Calories 1030 Sodium 764	Whole Grain Tuna Pasta Salad w/ Green Peas (463) Cornbread Loaf (180) Chickpea, Craisin & Apple Salad(199) Fruit (0) Calories 960 Sodium 947
17	18	19	20	21
Turkey & Provolone Cheese (530) Wheat Hamburger Bun (80) Artichoke, Feta & Roasted Pepper & Couscous Salad (142) Carrot Raisin Salad (124) Brownie (125) Calories 991 Sodium 1106	Chicken Caesar Wrap (235) Whole Grain Tortilla (200_ Corn & Red Pepper Salad (10) Fruit (0) Caesar Dressing Packet (290) Calories 770 Sodium 840	Turkey-Ham & Cheese (Pork Free)(550) Wheat Hamburger Bun (80) Ranch Pasta Salad (178) Pea Salad (188) Fruit (0) Calories 915 Sodium 1101	Greek Pasta Salad w/ Chicken, Olives & Feta (235) Broccoli Salad (147) Wheat Roll (150) Pudding (130) Calories 793 Sodium 767	Egg Salad Sandwich (252) Wheat Bun (80) Macaroni Salad (185) Brussel Sprout Salad (11) Fruit (0) Calories 1031 Sodium 633
24	25	26	27	28
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil (411) Beet Salad (92) Cornbread Loaf (180) Pound Cake (240) Calories 798 Sodium 1028	Roast Beef & Swiss Cheese (280) Wheat Hamburger Bun (80) Italian Pasta Salad (195) Carrot Raisin Salad (124) Fruit (0) Mustard (55) Calories 722 Sodium 846	Waldorf Chicken Salad (160) Wheat Hamburger Bun (80) Chickpea, Craisin & Apple Salad (199) Broccoli Salad (147) Fruit (0) Calories 970 Sodium 691	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers (407) Potato Salad (252) Wheat Roll (150) Fruit (0) Honey Mustard Dressing (220) Calories 700 Sodium 1134	Tuna Salad Sandwich (403) w/ Tomato & Lettuce Wheat Bun (80) Pea Salad (188) Cole Slaw (96) Chocolate Chip Cookie (80) Calories 984 Sodium 959
31				
Turkey & Swiss Cheese (440) Wheat Bread (130) Chickpea, Quinoa & Carrot Salad (110) Tomato-Cucumber Salad (73) Fruit (0) Mayonnaise (60) Calories 870 Sodium 918			Menu Subject to change. Totals Include 110mg sodium for milk. 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