

April 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 900 Sodium 899	Vietnamese Pork Curry White Rice Water Spinach Chocolate Chip Cookie Calories 915 Sodium 514	Beef Teriyaki White Rice Cabbage Fruit Calories 794 Sodium 719	Pork Lo Mein Noodles Broccoli Fruit Calories 800 Sodium 601
7	8	9	10	11
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 Banana Bread Calories 906 Sodium 804	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 853 Sodium 863
14	15	16	17 High Sodium Meal	18
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 790 Sodium 931	Mongolian Beef White Rice Cabbage Fruit Calories 735 Sodium 899	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 702 Sodium 527	Baked Ham w/ Maple Brown Sugar Glaze Potatoes au Gratin Green Beans Dinner Roll Pound Cake Calories 741 Sodium 1413	Bun Ga Nuong (Lemongrass Chicken) White Rice Bok Choy Fruit Calories 790 Sodium 864
21	22	23	24	25
Holiday No Meals	Pork w/ Scallion & Ginger Sauce White Rice Cabbage Fruit Calories 751 Sodium 599	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 Blueberry Blue Calories 900 Sodium 851
28	29	30		
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 740 Sodium 696	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 900 Sodium 899	Vietnamese Pork Curry White Rice Water Spinach Fruit Calories 915 Sodium 434		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303