

**April 2025**

**Mystic Valley Elder Services**

**City Fresh Renal**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include for 4 oz Whole Milk and 30 mg Na+ for Margarine.	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only)  <b>Calories 703 Sodium 693</b>	Pork Marsala Egg Noodles Green Beans Wheat Bread Fresh Apple  <b>Calories 648 Sodium 325</b>	Chicken Tacos White Rice Corn & Peppers Tortilla Wrap Applesauce  <b>Calories 712 Sodium 506</b>	Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 640 Sodium 278</b>
7	8	9	10	11
Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce  <b>Calories 580 Sodium 491</b>	White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie  <b>Calories 608 Sodium 383</b>	Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple  <b>Calories 680 Sodium 631</b>	Lentil Unstuffed Pepper White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce  <b>Calories 580 Sodium 229</b>	Rosemary & Garlic Chicken Rice Pilaf Broccoli Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 869 Sodium 363</b>
14	15	16	17	18
Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce  <b>Calories 697 Sodium 347</b>	Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie  <b>Calories 765 Sodium 488</b>	Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fruit  <b>Calories 685 Sodium 413</b>	Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce  <b>Calories 608 Sodium 580</b>	Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 668 Sodium 354</b>
21	22	23	24	25
Holiday No Meals	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Bread Cookie  <b>Calories 750 Sodium 623</b>	Roast Turkey w/ Gravy White Rice Carrots Wheat Bread Fresh Apple  <b>Calories 660 Sodium 611</b>	Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce  <b>Calories 597 Sodium 466</b>	Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear)  <b>Calories 780 Sodium 541</b>
28	29	30		
Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce  <b>Calories 612 Sodium 289</b>	Herb Crusted White Fish w/ Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only)  <b>Calories 703 Sodium 693</b>	Pork Marsala Egg Noodles Green Beans Wheat Bread Fresh Apple  <b>Calories 648 Sodium 325</b>		<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>