


April 2025

Mystic Valley Elder Services

City Fresh Vegetarian

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.	Tofu w/ Gravy Mashed Potatoes Mixed Root Vegetables Cornbread Loaf Pear Calories 693 Sodium 632	Creamy Balsamic Chik'n Rice Pilaf Mixed Vegetables Dinner Roll Chocolate Chip Cookie Calories 966 Sodium 841	Roasted Tofu w/ Gravy Mashed Potatoes Broccoli Oatmeal Roll Pudding Calories 663 Sodium 806	Veggie Fritters Sweet Potato Wedges Vegetable Medley Wheat Roll Mandarin Cup Calories 661 Sodium 824
7	8	9	10	11
Refried Bean & Cheese Tacos Brown Rice Black Beans, Corn & Peppers Mini Tortillas Fruit Calories 717 Sodium 1009	Vegetarian Meatloaf w/ Gravy Mashed Potatoes Spinach & Peppers Wheat Roll Pudding Calories 663 Sodium 1135	Tofu & Artichoke Scampi Whole Grain Pasta Carrots Dinner Roll Fruit Calories 744 Sodium 510	Tomato Bruschetta Chik'n Roasted Potatoes Green Peas Wheat Bread Banana Bread Calories 964 Sodium 908	Powerhouse Bean Chili w/ Sweet Potatoes w/ Shredded Cheese California Blend Vegetables Whole Grain Cornbread Mixed Fruit Calories 719 Sodium 887
14	15	16	17 High Sodium Meal	18
Braised Beans & Vegetables Polenta Brussel Sprouts Oatmeal Roll Fruit Calories 700 Sodium 820	Cheese Lasagna w/ Lentil Bolognese & Parmesan Carrots Dinner Roll Fruit Calories 730 Sodium 913	Honey Mustard Chik'n White Rice Broccoli Wheat Bread Pudding Calories 858 Sodium 872	Veggie Sausage w/ Maple Brown Sugar Glaze Potatoes au Gratin Green Beans Dinner Roll Pound Cake Calories 793 Sodium 1245	Tuscan Tofu Rice Pilaf Zucchini Squash Wheat Bread Fruit Calories 802 Sodium 455
21	22	23	24	25
Holiday No Meals	Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn, Peas Mixed Vegetables Dinner Roll Cinnamon Apples Calories 708 Sodium 836	Vegetarian Sausage Abruzzi Bowtie Pasta Brussel Sprouts Wheat Roll Fruit Calories 671 Sodium 1043	Chik'n w/ Mushroom Cream Sauce Mashed Potatoes Carrots Oatmeal Roll Pudding Calories 842 Sodium 1080	Garlic Butter White Beans Orzo Primavera Broccoli Hawaiian Roll Blueberry Bread Calories 901 Sodium 1028
28	29	30		
Veggie Burger & Cheese Potato Wedges Green Beans & Red Peppers Wheat Hamburger Bun Fruit Ketchup Calories 822 Sodium 840	Vegetarian Chop Suey Whole Grain Pasta Mixed Vegetables Dinner Roll Oatmeal Cookie Calories 657 Sodium 908	BBQ Chickpeas Baked Beans Carrots Cornbread Loaf Fruit Calories 753 Sodium 991		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303