


April 2026

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	2			3	
				Teriyaki Beef White Rice Water Spinach Vailla Pudding  <b>Calories 675 Sodium 815 mg</b>	Baked Ham w/ Maple Brown Sugar Potatoes au Gratin Green Beans w/ Red Peppers Dinner Roll Chocolate Chip Cookie <i>High Sodium meal</i> <b>Calories 811 Sodium 1547 mg</b>			Hot Dog (beef) Baked Beans Green Beans w/ Red Peppers Whole Wheat Hot Dog Bun Fruit Cup Ketchup <b>Calories 883 Sodium 1002 mg</b>	
6		7		8		9		10	
Pork Lo Mein Noodles Broccoli Banana  <b>Calories 873 Sodium 1023 mg</b>		Teriyaki Salmon White Rice Water Spinach Chocolate Pudding  <b>Calories 725 Sodium 684 mg</b>		Sweet & Sour Chicken White Rice Cabbage Orange  <b>Calories 725 Sodium 673 mg</b>		Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Applesauce  <b>Calories 730 Sodium 848 mg</b>		Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fig Newton  <b>Calories 690 Sodium 654 mg</b>	
13		14		15		16		17	
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Banana  <b>Calories 848 Sodium 903 mg</b>		Mongolian Beef White Rice Cabbage Pound Cake  <b>Calories 770 Sodium 782 mg</b>		Pork Fried Rice White Rice Cabbage Pear Fruit Cup  <b>Calories 775 Sodium 577 mg</b>		Green Curry White Fish White Rice Water Spinach Banana Bread  <b>Calories 777 Sodium 381 mg</b>		Turmeric & Ginger Fish White Rice Water Spinach Orange  <b>Calories 690 Sodium 446 mg</b>	
20		21		22		23		24	
Holiday No Meals		Pork w/ Scallion & Ginger Sauce White Rice Broccoli Apple  <b>Calories 847 Sodium 555 mg</b>		Chicken Teriyaki White Rice Broccoli Vanilla Pudding  <b>Calories 700 Sodium 943 mg</b>		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Apple  <b>Calories 767 Sodium 1007 mg</b>		Pork & Vegetable Egg Roll White Rice Broccoli Banana  <b>Calories 715 Sodium 754 mg</b>	
27		28		29		30			
Chinese BBQ Pork White Rice Cabbage Fruit Cup  <b>Calories 840 Sodium 601 mg</b>		Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Lemon Square  <b>Calories 715 Sodium 813 mg</b>		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Chocolate Pudding  <b>Calories 878 Sodium 872 mg</b>		Green Curry White Fish White Rice Water Spinach Banana  <b>Calories 777 Sodium 381 mg</b>			

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.