


May 2026

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pork Lo Mein Noodles Broccoli Orange  <b>Calories 873 Sodium 873 mg</b>
4	5	6	7	8
Teriyaki Beef White Rice Cabbage Fruit  <b>Calories 906 Sodium 683 mg</b>	Teriyaki Salmon White Rice Water Spinach Fruit  <b>Calories 850 Sodium 695 mg</b>	Sweet & Sour Chicken White Rice Cabbage Fruit  <b>Calories 870 Sodium 673 mg</b>	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Lemon White Chocolate Cookie  <b>Calories 885 Sodium 813 mg</b>	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit  <b>Calories 844 Sodium 644 mg</b>
11	12	13	14	15
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit  <b>Calories 778 Sodium 663 mg</b>	Mongolian Beef White Rice Cabbage Fig Newton  <b>Calories 930 Sodium 832 mg</b>	Pork Fried Rice White Rice Cabbage Fruit  <b>Calories 884 Sodium 577 mg</b>	Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit  <b>Calories 710 Sodium 819 mg</b>	Turmeric & Ginger Fish White Rice Water Spinach Shortbread Cookie  <b>Calories 783 Sodium 595 mg</b>
18	19	20	21	22
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit  <b>Calories 782 Sodium 555 mg</b>	Caramel Ginger Chicken White Rice Cabbage Fruit  <b>Calories 869 Sodium 682 mg</b>	Chicken Teriyaki White Rice Broccoli Oatmeal Cookie  <b>Calories 728 Sodium 943 mg</b>	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Pound Cake  <b>Calories 933 Sodium 1112 mg</b>	Pork & Vegetable Egg Roll White Rice Broccoli Fruit  <b>Calories 760 Sodium 753 mg</b>
25	26	27	28	29
Holiday No Meals	Chinese BBQ Pork White Rice Cabbage Fruit  <b>Calories 907 Sodium 599 mg</b>	Lemongrass Chicken White Rice Bok Choy Fruit  <b>Calories 813 Sodium 686 mg</b>	Green Curry White Fish White Rice Water Spinach Fruit  <b>Calories 753 Sodium 380 mg</b>	Pork Lo Mein Noodles Broccoli Chocolate Chip Cookie  <b>Calories 876 Sodium 953 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.