May 2026 Mystic Valley Elder Services City Fresh Cardiac

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
CITY FRESH FOODS								Whole Grain Cheese Lasagna	390
								w/ Florentine Sauce	55
								Carrots	40
								Fruit	0
								Wheat Roll	150
								Calories 575 Sodium 770	
4		5		6		7		8	
Egg Omelet	240	White Fish w/ Pineapple & Mango	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Polenta	15	Brown Rice & Beans	65	Baked Sweet Potato	21	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	10	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Roll	150
Calories 447 Sodium 573		Calories 662 Sodium 494		Calories 648 Sodium 496		Calories 714 Sodium 431		Calories 732 Sodium 675	
11		12		13		14		15	
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Pork w/ Cranberry Apple Chutney	85	Stewed Tomato White Fish	264	White Bean & Chicken Chili	259
Quinoa	3	Brown Rice	3	Mashed Potatoes	23	Couscous	4	w/ Shredded Cheese	96
Green Peas	20	Carrots	56	Mixed Root Veg (squash,carrot,turnip)	65	Brussel Sprouts	10	California Blend Vegetables	17
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Roll	150
Calories 631 Sodium 463		Calories 612 Sodium 539		Calories 681 Sodium 458		Calories 638 Sodium 565		Calories 593 Sodium 657	
18		19		20		21		22	
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305	Lentil Bolognese & Parmesan	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Whole Grain Pasta	4	Roasted Potatoes	85
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	1	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150
Calories 776 Sodium 499		Calories 747 Sodium 573		Calories 736 Sodium 582		Calories 571 Sodium 541		Calories 670 Sodium 547	
25		26		27		28		29	
Holiday		Salmon w/ Lemon Wedge	56	Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
No Meals		Mashed Potatoes	23	Roasted Sweet Potato	22	Brown Rice	3	w/ Florentine Sauce	55
		Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
		Fruit	0	Fruit	0	Fruit	0	Fruit	0
		Wheat Roll	150	Wheat Roll	150	Wheat Tortilla Wrap (1)	135	Wheat Roll	150
		Calories 652 Sodium 395		Calories 536 Sodium 555		Calories 715 Sodium 577		Calories 575 Sodium 770	

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. Individual Sodium amount listed.