


April 2026

Mystic Valley Elder Services

City Fresh Low Lactose

| Monday | Tuesday | Wednesday | | Thursday | Friday |
|---|---|--|---|---|--------|
| | | 1 | 2 | 3 | |
| | | Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 574 mg | Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 669 Sodium 501 mg | Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread Calories 630 Sodium 477 mg | |
| 6 | 7 | 8 | 9 | 10 | |
| Scrambled Egg Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693 mg | White Fish with Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll Calories 670 Sodium 514 mg | Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480 mg | American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 725 Sodium 451 mg | Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695 mg | |
| 13 | 14 | 15 | 16 | 17 | |
| Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483 mg | Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559 mg | Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Calories 690 Sodium 482 mg | Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583 mg | White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 mg | |
| 20 | 21 | 22 | 23 | 24 | |
| Holiday No Meals | Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 756 Sodium 593 mg | Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 745 Sodium 602 mg | Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472 mg | Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 mg | |
| 27 | 28 | 29 | 30 | | |
| Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 566 Sodium 446 mg | Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Calories 661 Sodium 415 mg | Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Calories 545 Sodium 574 mg | Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 669 Sodium 501 mg |  | |

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 Lactaid milk and 30 mg sodium for Margarine.