


April 2026

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Salad 160 Wheat Bread 130 Artichoke, Feta & Roasted Pepper & Couscous Salad 142 Broccoli Salad 147 Chocolate Pudding 135 Calories 983 Sodium 819	Turkey & Provolone Cheese 570 Wheat Bread 130 Pea Salad 188 Tomato Cucumber Salad 73 Fruit Cup 2 Mayo 55 Calories 904 Sodium 1121	Caprese Pasta Salad 411 w/ Mozzarella, Tomatoes & Basil 199 Chickpeas, Craisin & Apple Salad 180 Cornbread Loaf 1 Calories 870 Sodium 896
6	7	8	9	10
Turkey & Cheese Sandwich 530 Wheat Hamburger Bun 75 Sweet Potato & Craisin Salad 34 Beet Salad 92 Apple 2 Mayo 55 Calories 780 Sodium 1054	Tortellini Pasta Salad w/ Beans 430 Spinach & Sundried Tomatoes - Broccoli Salad 147 Dinner Roll 100 Banana 1 Calories 795 Sodium 783	Honey Mustard Chicken Salad 260 Wheat Bread 130 Chickpea & Red Pepper Salad 199 Shaved Brussel Sprout Salad 16 Pound Cake 240 Calories 987 Sodium 950	Roast Beef & Swiss Cheese 280 Wheat Bread (2 slices) 130 Corn & Red Pepper Salad 7 Cole Slaw 96 Oatmeal Cookie 150 Mustard 55 Calories 835 Sodium 823	Egg Salad Sandwich 287 Wheat Bun 75 Italian Pasta Salad 195 Cole Slaw 96 Fig Newton 180 Calories 912 Sodium 938
13	14	15	16	17
Curried Chicken Salad 162 Whole grain Croissant 190 Butternut Squash & Cranberry 90 Couscous Salad Pea Salad 188 Applesauce 2 Calories 737 Sodium 740	Turkey & Provolone Cheese 570 Wheat Hamburger Bun 75 Italian Pasta Salad 195 Pickled Cabbage Slaw 8 Chocolate Pudding 135 Mayo 55 Calories 737 Sodium 1143	Buffalo Chicken & Cheese 525 Wheat Hamburger Bun 75 Artichoke, Feta & Roasted Pepper 142 Couscous Salad 92 Beet Salad 55 Apple / Mayo 55 Calories 687 Sodium 996	Greek Pasta Salad 232 w/ Chicken, Olives & Feta - Sweet Potato & Craisin Salad 34 Wheat Roll 150 Applesauce 2 Calories 760 Sodium 523	Tuna Salad 403 w/ Lettuce 0 Wheat Hamburger Bun 75 Ranch Pasta Salad 178 Zucchini Salad 130 Fruit Cup 2 Calories 809 Sodium 893
20	21	22	23	24
Holiday No Meals	Turkey & Swiss Cheese Sandwich 440 Wheat Hamburger Bun 75 Potato Salad 250 Tomato Cucumber Salad 73 Pear Fruit Cup 2 Mustard 55 Calories 733 Sodium 1000	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers 407 Ranch Pasta Salad - Wheat Roll 178 Banana 150 Honey Mustard Dressing 1 220 Calories 752 Sodium 1061	Whole Grain Tuna Pasta Salad 463 w/ Green Peas - Cornbread Loaf 180 Shaved Brussel Sprout Salad 16 Oatmeal Cookie 90 Calories 907 Sodium 854	Caprese Pasta Salad 411 w/ Mozzarella, Tomatoes & Basil - Chickpeas, Craisin & Apple Salad 199 Cornbread Loaf 180 Orange 1 Calories 860 Sodium 896
27	28	29	30	
Turkey & Swiss Cheese Sandwich 440 Wheat Hamburger Bun 75 Sweet Potato & Craisin Salad 34 Pickled Cabbage Slaw 8 Chocolate Pudding 135 Mayo 55 Calories 810 Sodium 852	Waldorf Chicken Salad Sandwich 160 Wheat Hamburger Bun 75 Italian Pasta Salad 195 Carrot Raisin Salad 124 Peach Fruit Cup 5 Calories 737 Sodium 664	Chicken Salad 160 Wheat Bread (2 slices) 130 Artichoke, Feta & Roasted Pepper & Couscous Salad 142 Broccoli Salad 147 Vanilla Pudding 130 Calories 983 Sodium 814	Turkey & Provolone Cheese 570 on Wheat Bread (2 slices) 130 Pea Salad 188 Tomato Cucumber Salad 73 Fruit Cup 2 Mayo 55 Calories 904 Sodium 1121	

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.