


May 2026

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Caprese Pasta Salad 411 w/ Mozzarella, Tomatoes & Basil Chickpeas, Craisin & Apple Salad 199 Cornbread Loaf 180 Orange 1 <b>Calories 870 Sodium 896</b>
	4	5	6	7
Turkey & Cheese Sandwich 530 Wheat Hamburger Bun 75 Sweet Potato & Craisin Salad 34 Beet Salad 83 Orange 1 Mayo 55 <b>Calories 765 Sodium 882</b>	Honey Mustard Chicken Salad 260 Wheat Bread (2 slices) 130 Chickpea & Red Pepper Salad 182 Cole Slaw 96 Fruit Cup 5 <b>Calories 869 Sodium 778</b>	Tortellini Pasta Salad 430 w/ Beans, Spinach & Sundried Tomato - Broccoli Salad 147 Dinner Roll 100 Lemon White Chocolate Cookie 100 <b>Calories 860 Sodium 882</b>	Roast Beef & Swiss Cheese Sandwich 280 Wheat Bread (2 slices) 130 Corn & Red Pepper Salad 7 Shaved Brussel Sprout Salad 16 Pear 2 Mustard 55 <b>Calories 841 Sodium 595</b>	Egg Salad Sandwich 287 Wheat Bun 75 Italian Pasta Salad 195 Cole Slaw 96 Chocolate Pudding 180 <b>Calories 955 Sodium 888</b>
11	12	13	14	15
Curried Chicken Salad 156 Whole grain Croissant 190 Artichoke, Feta & Roasted Pepper 142 Couscous Salad Pea Salad 189 Fig Newton 180 <b>Calories 1055 Sodium 962</b>	Buffalo Chicken & Cheese 525 Wheat Hamburger Bun 75 Beet Salad 90 Butternut Squash & Cranberry 83 Couscous Salad Orange / Mayo 55 <b>Calories 710 Sodium 934</b>	Tuna Salad 403 w/ Lettuce Wheat Hamburger Bun 75 Italian Pasta Salad 195 Zucchini Salad 131 Apple 2 <b>Calories 817 Sodium 911</b>	Greek Pasta Salad 232 w/ Chicken, Olives & Feta Sweet Potato & Craisin Salad 34 Wheat Roll 150 Shortbread Cookie 150 <b>Calories 852 Sodium 671</b>	Turkey & Provolone Cheese Sandwich 668 Wheat Hamburger Bun 75 Ranch Pasta Salad 178 Pickled Cabbage Slaw 10 Banana 1 Mayo 55 <b>Calories 795 Sodium 1092</b>
18	19	20	21	22
Roast Beef & Cheese 280 Wheat Bread (2 slices) 130 Corn & Red Pepper Salad 7 Butternut Squash & Cranberry 90 Couscous Pear / Mustard 55 <b>Calories 909 Sodium 669</b>	Turkey & Swiss Cheese Sandwich 440 Wheat Hamburger Bun 190 Italian Pasta Salad 196 Tomato Cucumber Salad 73 Oatmeal Cookie 90 Mustard 55 <b>Calories 731 Sodium 1149</b>	High Sodium Meal Crispy Chicken Salad over 407 Romaine, Tomatoes, Cucumbers Pea Salad 189 Wheat Roll 150 Pound Cake 240 Honey Mustard Dressing 220 <b>Calories 858 Sodium 1311</b>	Caprese Pasta Salad 411 w/ Mozzarella, Tomatoes & Basil Chickpeas, Craisin & Apple Salad 199 Wheat Roll 150 Orange 1 <b>Calories 741 Sodium 866</b>	Whole Grain Tuna Pasta Salad 463 w/ Green Peas - Cornbread Loaf 180 Shaved Brussel Sprout Salad 16 Apple 1 <b>Calories 891 Sodium 765</b>
25	26	27	28	29
Holiday No Meals	Ham & Swiss Cheese 650 Wheat Hamburger Bun (Low Na) 75 Beet Salad 83 Sweet Potato & Craisin Salad 34 Vanilla Pudding 130 <b>Calories 767 Sodium 1077</b>	Waldorf Chicken Salad Sandwich 161 Whole Grain Croissant 190 Italian Pasta Salad 195 Carrot Raisin Salad 124 Orange 1 <b>Calories 865 Sodium 775</b>	High Sodium Meal Turkey & Provolone Cheese 670 Wheat Hamburger Bun 75 Pea Salad 188 Tomato Cucumber Salad 73 Chocolate Chip Cookie 80 Mayo 55 <b>Calories 795 Sodium 1246</b>	Egg Salad Sandwich 287 Wheat Bread (2 slices) 130 Potato Salad 252 Cole Slaw 96 Pear 2 <b>Calories 1037 Sodium 872</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. Individual Sodium amount listed.