


April 2026

Mystic Valley Elder Services

City Fresh Vegetarian

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	2			3	
				Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Roll Vanilla Pudding Calories 675 Sodium 920 mg	Veggie Sausage w/ Maple Brown Sugar Gla Potatoes au Gratin Green Peas Dinner Roll Chocolate Chip Cookie Calories 846 Sodium 1273 mg			Veggie Burger w/ Cheese Baked Beans Green Beans w/ Red Peppers Whole Wheat Hamburger Bun Fruit Cup Ketchup Calories 1033 Sodium 1032 mg	
6		7		8	9			10	
Roast Tofu w/ Apple Chutney Rice Pilaf Brussel Sprouts Wheat Bread Banana Calories 788 Sodium 314 mg		Braised Veggie Sausage & Vegetables Mashed Potatoes Vegetable Medley Wheat Bread Chocolate Pudding Calories 692 Sodium 882 mg		Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 698 Sodium 965 mg	Vegetarian Pot Pie w/ Whole Grain Buttermilk Biscuit Broccoli Applesauce Calories 763 Sodium 910 mg			Tuscan Fritters Roasted Potatoes California Blend Vegetables Wheat Roll Fig Newton Calories 809 Sodium 1079 mg	
13		14		15	16			17	
Honey Mustard Chik'n Butternut Squash Green Peas Hawaiian Roll Banana Calories 833 Sodium 722 mg		BBQ Jerk Tofu White Rice Green Beans & Red Peppers Wheat Bread Pound Cake Calories 761 Sodium 665 mg		Teriyaki Tofu Lo Mein Noodles Corn w/ Peppers Wheat Roll Pear Fruit Cup Calories 730 Sodium 868 mg	Tomato Bruschetta Chik'n Roasted Potatoes Green Peas w/ Red Peppers Wheat Bread Banana Bread Calories 964 Sodium 908 mg			Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots WG Cornbread Orange Calories 595 Sodium 857 mg	
20		21		22	23			24	
Holiday No Meals		Creamy Pesto Ravioli W/ White Beans California Blend Vegetables Wheat Bread Apple Calories 852 Sodium 1049 mg		Chik'n Anna Maria White Rice Green Peas w/ Red Peppers Wheat Roll Vanilla Pudding Calories 870 Sodium 1119 mg	Veggie Sausage w/ Abruzzi Sauce Bowtie Pasta California Blend Vegetables Whole Grain Cornbread Apple Calories 776 Sodium 1083 mg			Vegetarian Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Banana Calories 806 Sodium 919 mg	
27		28		29	30				
BBQ Chickpeas Baked Beans Broccoli Cornbread Loaf Fruit Cup Calories 732 Sodium 960 mg		Creamy Cajun Beans Cheesy Grits Green Beans & Red Peppers Wheat Roll Lemon Square Calories 765 Sodium 994 mg		Tofu in Mustard Wine Sauce Egg Noodle Mixed Root Vegetables Wheat Roll Chocolate Pudding Calories 615 Sodium 571 mg	Tortellini w/Lentil Bolognese California Blend Vegetables Wheat Roll Banana Calories 700 Sodium 638 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 milk and 30 mg sodium for Margarine.