

July 2026

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Sweet & Sour Chicken White Rice Cabbage Fruit Calories 870 Sodium 670 mg		Grilled Chicken Thigh Corn California Blend Vegetables Wheat Roll Chocolate Brownie Cookie Calories 732 Sodium 544 mg		Holiday No Meals	
6		7		8		9		10	
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 844 Sodium 644 mg		Mongolian Beef White Rice Cabbage Fruit Calories 811 Sodium 625 mg		Pork Fried Rice White Rice Cabbage Fruit Calories 884 Sodium 577 mg		Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 710 Sodium 819 mg		Turmeric & Ginger Fish White Rice Water Spinach Oatmeal Cookie Calories 726 Sodium 535 mg	
13		14		15		16		17	
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 782 Sodium 555 mg		Caramel Ginger Chicken White Rice Cabbage Blueberry Bread Calories 1050 Sodium 932 mg		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Pear Calories 853 Sodium 877 mg		Chicken Teriyaki White Rice Broccoli Fruit Calories 692 Sodium 856 mg		Pork & Vegetable Egg Roll White Rice Bok Choy Fruit Calories 730 Sodium 779 mg	
20		21		22		23		24	
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 778 Sodium 663 mg		Chinese BBQ Pork White Rice Cabbage Pound Cake Calories 965 Sodium 839 mg		Lemongrass Chicken White Rice Bok Choy Fruit Calories 794 Sodium 686 mg		Green Curry White Fish White Rice Water Spinach Fruit Calories 753 Sodium 380 mg		Pork Lo Mein Noodles Broccoli Fruit Calories 840 Sodium 873 mg	
27		28		29		30		31	
Teriyaki Beef White Rice Cabbage Fruit Calories 906 Sodium 683 mg		Teriyaki Salmon White Rice Water Spinach Fruit Calories 808 Sodium 683 mg		Sweet & Sour Chicken White Rice Cabbage Fruit Calories 870 Sodium 673 mg		Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 785 Sodium 713 mg		Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 844 Sodium 644 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.