


**June 2026**

**Mystic Valley Elder Services**

**City Fresh Asian Vietnamese**

| Monday  |   | Tuesday   |  | Wednesday   |   | Thursday  |  | Friday  |  |
|---|---|---|--|---|---|---|--|---|--|
| <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>8</b>  | <b>9</b>  | <b>10</b>  | <b>11</b>   | <b>12</b>  |
| Beef Teriyaki<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 906 Sodium 683 mg</b>                    | Teriyaki Salmon<br>White Rice<br>Water Spinach<br>Fruit<br><br><b>Calories 850 Sodium 695 mg</b>        | Sweet & Sour Chicken<br>White Rice<br>Cabbage<br>Shortbread Cookie<br><br><b>Calories 908 Sodium 820 mg</b>                         | Lemongrass Beef (Bò xả ớt)<br>White Rice<br>Bok Choy<br>Fruit<br><br><b>Calories 785 Sodium 713 mg</b>   | Beef & Broccoli Stir Fry<br>(Thit Bo Xao Cai)<br>White Rice<br>Bok Choy<br>Fruit<br><br><b>Calories 844 Sodium 644 mg</b> | Pork Meatballs w/ Nuoc Cham<br>Yakisoba Noodles<br>Broccoli<br>Fruit<br><br><b>Calories 778 Sodium 663 mg</b> | Mongolian Beef<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 811 Sodium 652 mg</b>   | Pork Fried Rice<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 884 Sodium 577 mg</b>               | Chicken Teriyaki Potstickers w/ Soy<br>White Rice<br>Bok Choy<br>Fruit<br><br><b>Calories 710 Sodium 819 mg</b> | Turmeric & Ginger Fish<br>White Rice<br>Water Spinach<br>Fig Newton<br><br><b>Calories 843 Sodium 625 mg</b> |
| <b>15</b>   | <b>16</b>   | <b>17</b>   | <b>18</b>  | <b>19</b>   | <b>22</b>   | <b>23</b>   | <b>24</b>  | <b>25</b>   | <b>26</b>  |
| Pork w/ Scallion & Ginger Sauce<br>White Rice<br>Broccoli<br>Fruit<br><br><b>Calories 782 Sodium 555 mg</b> | Caramel Ginger Chicken<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 869 Sodium 682 mg</b>       | Vietnamese Caramel Shrimp & Pork<br>(Tom Thit Rim)<br>White Rice<br>Water Spinach<br>Fruit<br><br><b>Calories 878 Sodium 872 mg</b> | Homemade Crispy Chicken<br>Black Eyed Peas<br>Collards & Corn<br>Cornbread Loaf<br>Pound Cake w/ Berries<br><br><b>Calories 1052 Sodium 922 mg</b> | <b>Holiday<br/>No Meals</b>   | Pork & Vegetable Egg Roll<br>White Rice<br>Broccoli<br>Fruit<br><br><b>Calories 760 Sodium 753 mg</b>         | Chinese BBQ Pork<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 907 Sodium 599 mg</b> | Lemongrass Chicken<br>White Rice<br>Bok Choy<br>Blueberry Bread<br><br><b>Calories 995 Sodium 936 mg</b> | Green Curry White Fish<br>White Rice<br>Water Spinach<br>Fruit<br><br><b>Calories 753 Sodium 380 mg</b>         | Pork Lo Mein<br>Noodles<br>Broccoli<br>Fruit<br><br><b>Calories 840 Sodium 873 mg</b>                        |
| <b>29</b>   | <b>30</b>   |   |  |   |   |   |  |   |  |
| Teriyaki Beef<br>White Rice<br>Cabbage<br>Fruit<br><br><b>Calories 906 Sodium 683 mg</b>                    | Teriyaki Salmon<br>White Rice<br>Water Spinach<br>Lemon Square<br><br><b>Calories 901 Sodium 785 mg</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.