

July 2026

Mystic Valley Elder Services

City Fresh Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Cal:568 CHO:51g Na:350mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Cal:585 CHO:60g Na:365mg	Holiday No Meals
6	7	8	9	10
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Cal:551 CHO:63g Na:315mg	Curried Chicken Brown Rice Carrots Fruit Cal:630 CHO:72g Na:395mg	Maple Glazed Pork Roasted Potatoes Mixed Root Vegetables Fruit Cal:570 CHO:63g Na:360mg	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Cal:560 CHO:60g Na:356mg	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Cal:513 CHO:62g Na:575mg
13	14	15	16	17
Chicken Scampi Pasta Green Peas Fruit Cal:696 CHO:74g Na:350mg	Tomato Bruschetta Chicken Orzo Mixed Vegetables Fruit Cal:545 CHO:65g Na:510mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Cal:635 CHO:57g Na:502mg	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Cal:452 CHO:74g Na:398mg	Beef Stew Roasted Potatoes Vegetable Medley Fruit Cal: 590 CHO:65g Na:592mg
20	21	22	23	24
Chicken with Cranberry Chutney Mashed Butternut Squash California Blend Vegetables Fruit Cal:535 CHO:64g Na:260mg	Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Cal:586 CHO:60g Na:312mg	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Cal:455 CHO:53g Na:405mg	Chicken Taco w/ Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Cal:608 CHO:62g Na:578mg	Whole Grain Cheese Lasagna w/ Pesto Cream Sauce Carrots Fruit Cal:521 CHO:64g Na:624mg
27	28	29	30	31
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Cal:485 CHO:53g Na:595mg	Herb Crusted White Fish w/ Lemon Mashed Potatoes Carrots Fruit Cal:550 CHO:69g Na:545mg	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Cal:568 CHO:51g Na:350mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Cal:585 CHO:60g Na:365mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Cal:652 CHO:63g Na:530mg

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.