


**June 2026**

**Mystic Valley Elder Services**

**City Fresh Carb Controlled**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit  <b>Cal:485 CHO:53g Na:595mg</b>	White Fish w/ Pineapple-Mango Salsa Brown Rice & Beans Carrots Fruit  <b>Cal:560 CHO:71g Na:346mg</b>	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit  <b>Cal:568 CHO:51g Na:350mg</b>	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit  <b>Cal:585 CHO:60g Na:365mg</b>	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit  <b>Cal:652 CHO:63g Na:530mg</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit  <b>Cal:551 CHO:63g Na:315mg</b>	Curried Chicken Brown Rice Carrots Fruit  <b>Cal:630 CHO:72g Na:395mg</b>	Pork w/ Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turn) Fruit  <b>Cal:605 CHO:67g Na:377mg</b>	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit  <b>Cal:560 CHO:60g Na:356mg</b>	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit  <b>Cal:513 CHO:62g Na:575mg</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Chicken Scampi Pasta Green Peas Fruit  <b>Cal:696 CHO:74g Na:350mg</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit  <b>Cal:665 CHO:70g Na:426mg</b>	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit  <b>Cal:635 CHO:57g Na:502mg</b>	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit  <b>Cal:452 CHO:74g Na:398mg</b>	Holiday No Meals
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit  <b>Cal:477 CHO:51g Na:280mg</b>	Salmon w/ Lemon Wedge Mashed Potatoes Garlic Kale Fruit  <b>Cal:575 CHO:60g Na:250mg</b>	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit  <b>Cal:455 CHO:53g Na:405mg</b>	Chicken Taco w/ Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit  <b>Cal:608 CHO:61g Na:578mg</b>	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit  <b>Cal:495 CHO:66g Na:624mg</b>
<b>29</b>	<b>30</b>			
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit  <b>Cal:485 CHO:53g Na:595mg</b>	White Fish w/ Pineapple-Mango Salsa Brown Rice & Beans Carrots Fruit  <b>Cal:560 CHO:71g Na:346mg</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.