

July 2026

Mystic Valley Elder Services

City Fresh Cardiac

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 648 Sodium 496	180 21 10 0 150	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 714 Sodium 431	225 4 2 0 65	Holiday No Meals	
6		7		8		9		10	
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 631 Sodium 463	155 3 20 0 150	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 612 Sodium 539	195 3 56 0 150	Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Fruit Wheat Roll Calories 645 Sodium 443	70 23 65 0 150	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 638 Sodium 565	264 4 10 0 150	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Wheat Roll Calories 593 Sodium 657	259 96 17 0 150
13		14		15		16		17	
Chicken Scampi Pasta Green Peas Fruit Wheat Roll Calories 776 Sodium 499	190 4 20 0 150	Tomato Bruschetta Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 737 Sodium 461	93 50 33 0 150	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 736 Sodium 582	305 22 40 0 80	Lentil Bolognese & Parmesan Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 571 Sodium 541	232 4 20 0 150	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 670 Sodium 547	140 85 37 0 150
20		21		22		23		24	
Chicken with Cranberry Chutney Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Calories 670 Sodium 400	95 3 17 0 150	Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Wheat Roll Calories 666 Sodium 459	60 85 29 0 150	Pot Roast w/ Gravy Rice Pilaf Green Beans Fruit Wheat Roll Calories 645 Sodium 583	245 50 3 0 150	Chicken Tacos Quinoa Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 713 Sodium 579	243 5 61 0 135	Whole Grain Cheese Lasagna w/ Pesto Cream Sauce Carrots Fruit Wheat Roll Calories 601 Sodium 885	390 170 40 0 150
27		28		29		30		31	
Egg Omelet Polenta Mixed Vegetables Fruit Wheat Roll Calories 565 Sodium 573	240 15 33 0 150	Herb Crusted White Fish w/ Lemon Roasted Potatoes Carrots Fruit Wheat Roll Calories 638 Sodium 754	345 85 39 0 150	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 648 Sodium 496	180 21 10 0 150	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 714 Sodium 496	225 4 2 0 65	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 732 Sodium 675	347 23 20 0 150

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. Individual Sodium amount listed.