


June 2026

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
White Fish Picatta Rice Pilaf Vegetable Medley Whole Grain Cornbread Loaf Orange Calories 830 Sodium 807	388 Roast Turkey 50 w/ Cranberry Apple Chutney 54 Mashed Potatoes 180 Carrots 0 Wheat Bread Pear Calories 663 Sodium 709	429 Cheese Tortellini w/ Beef Bolognese 23 Brussel Sprouts 56 Wheat Roll 65 Shortbread Cookie 1 Calories 786 Sodium 831	175 BBQ Chicken 195 Sweet Potatoes 26 Broccoli 150 Whole Grain Cornbread 150 Peach Cup Calories 698 Sodium 796	357 Braised Beef & Vegetables 85 Polenta 38 Spinach w/ Peppers 180 Dinner Roll 1 Vanilla Pudding Calories 797 Sodium 606
8	9	10	11	12
Potato Pollock Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup Tartar Sauce Calories 706 Sodium 847	330 Unstuffed Pepper Bowl 150 w/ Beef & White Rice 34 Kale & Corn 80 Wheat Bread 5 Chocolate Pudding 113 Calories 916 Sodium 647	276 Shrimp Tacos w/ Cheese 25 Cilantro Lime Rice 11 Black Beans, Corn & Peppers 65 Tortilla Wrap 135 Orange Calories 662 Sodium 878	479 Hamburger 67 Roasted Potatoes 61 Green Beans & Red Peppers 136 Wheat Hamburger Bun 0 Apple Ketchup Calories 693 Sodium 632	230 Chicken Anna Maria 85 Mashed Potatoes 21 Carrots 75 Wheat Bread 1 Fig Newton 85 Calories 777 Sodium 996
15	16	17	18 Holiday Meal	19
Pork w/ Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Pear Calories 762 Sodium 567	248 Meatloaf w/ Gravy 12 Garlic Mashed Potatoes 20 Carrots 150 Whole Grain Cornbread 2 Orange Calories 766 Sodium 939	545 Salmon w/ Dill Sauce 23 White Rice 56 Green Beans & Red Peppers 180 Wheat Bread 0 Vanilla Pudding Calories 914 Sodium 536	160 Homemade Crispy Chicken 25 Black Eyed Peas 21 Collards & Corn 65 Cornbread Loaf 130 Pound Cake w/ Berries Calories 1052 Sodium 922	Holiday No Meals
22	23	24	25	26
Sausage w/ Abruzzi Sauce Bowtie Pasta California Blend Vegetables Wheat Roll Cinnamon Apples Calories 690 Sodium 947	649 Tomato Bruschetta Chicken 4 Mashed Potatoes 34 Green Peas w/ Red Peppers 150 Wheat Roll 2 Chocolate Pudding Calories 682 Sodium 763	333 Lemon Ricotta Parmesan Chicken 23 Cheese Ravioli 72 California Blend Vegetables 65 Wheat Bread 135 Blueberry Bread Calories 963 Sodium 1016	332 Herb Crusted White Fish w/ Lemon 200 Rice Pilaf 34 Mixed Root Vegetables 65 Wheat Roll 250 Banana Calories 795 Sodium 747	346 Hot Dog (beef) 50 Baked Beans 65 Carrots 150 Whole Wheat Hot Dog Bun 1 Orange Ketchup Calories 870 Sodium 1039
29	30			
Creamy Turkey & Spinach Casserole w/ Orzo Broccoli Cornbread Loaf Vanilla Pudding Calories 860 Sodium 862	375 Beef Teriyaki 4 Lo Mein Noodles 38 Corn w/ Peppers 180 Wheat Roll 130 Lemon Square Calories 929 Sodium 979	458 125 21 150 90		

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.