

July 2026

Mystic Valley Elder Services

City Fresh Kosher

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit - Dinner Roll	Beef Goulash Farfalle Marinara Bean Medley Vanilla Pudding - Wheat bread	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce - Wheat Bread
6	7	8	9	10
Chicken Cacciatore Rice Pilaf Green Beans Cookies - Rye Bread	Meatball Stroganfoff Mashed Potatoes Carrots Seasonal Fruit - Rye Bread	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Diced Pear - Dinner Roll	Chicken Provencal Roasted Red Potatoes Haricot Verts Beans Seasonal Fruit - Rye Bread	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Diced Peach - Dinner Roll
13	14	15	16	17
Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit - Rye Bread	Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Chocolate Pudding - Rye Bread	Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce - Dinner Roll	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit - Rye Bread	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit - Wheat Bread
20	21	22	23	24
Glazed Meatloaf Mashed Potatoes Green Beans Cookies - Rye Bread	Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Seasonal Fruit - Rye Bread	Cheese Blintz Roasted Potatoes Bean Medley Peaches - Dinner Roll	Chicken Stir Fry Basmati Rice Corn Seasonal Fruit - Rye Bread	Spinach and Onion Mac N Cheese Cavatappi Pasta Mixed Vegetables Apple Sauce - Wheat Bread
27	28	29	30	31
Cod Bruchetta Lemon Rice Carrots Seasonal Fruit - Rye Bread	Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit - Rye Bread	Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Cake - Dinner Roll	Beef Goulash Egg Noddle Marinara Bean Medley Vanilla Pudding - Wheat bread	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce - Wheat Bread

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.