

July 2026

Mystic Valley Elder Services

City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Honey Mustard Chicken Salad Wheat Bread (2 slices) Chickpea & Red Pepper Salad Cole Slaw Chocolate Brownie Cookie Calories 965 Sodium 986	260 130 280 96 115	Roast Beef & Swiss Cheese Wheat Bread (2 slices) Corn & Red Pepper Salad Shaved Brussel Sprout Salad Fruit Cup Mustard Calories 789 Sodium 598	280 130 7 16 5 55	Holiday No Meals	
6		7		8		9		10	
Greek Pasta Salad w/ Chicken, Olives & Feta Sweet Potato & Craisin Salad Wheat Roll Fresh Orange Calories 783 Sodium 522	233 - 34 150 0	Curried Chicken Salad Whole Grain Croissant Artichoke, Feta & Roasted Pepper Couscous Salad Pea Salad Vanilla Pudding Calories 965 Sodium 911	155 190 142 189 130	Ham & American Cheese Wheat Hamburger Bun Black Bean & Corn Salad Carrot Raisin Salad Apple Calories 704 Sodium 1137	744 75 88 124 1	Egg Salad w/ Lettuce Wheat Hamburger Bun Italian Pasta Salad Tomato Cucumber Salad Oatmeal Cookie Calories 852 Sodium 826	287 0 75 196 73 90	Roast Beef & Cheese Sandwich Wheat Bread (2 slices) Corn & Red Pepper Salad Zucchini Salad Applesauce Mustard Calories 742 Sodium 710	280 130 7 131 2 55
13	High Sodium Meal	14		15		16		17	
Turkey & Swiss Cheese Sandwich Wheat Hamburger Bun Ranch Pasta Salad Chickpea, Craisin & Apple Salad Blueberry Bread Mustard Calories 1076 Sodium 1304	440 75 180 199 250 55	Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Carrot Raisin Salad Cornbread Loaf Pear Calories 752 Sodium 1825	411 - 124 180 5	Turkey-Ham & Cheese (pork free) on Croissant Couscous Pickled Cabbage Slaw Banana Calories 788 Sodium 944	550 190 90 8 1	Crispy Chicken Salad Romaine, Tomatoes, Cucumbers Corn & Red Pepper Salad Wheat Roll Chocolate Pudding Honey Mustard Dressing Calories 730 Sodium 1024	407 - 7 150 135 220	Tuna Salad Sandwich w/ Lettuce Wheat Bun Potato Salad Broccoli Salad Mandarin Fruit Cup Calories 870 Sodium 987	403 0 75 252 147 5
20		21		22		23		24	
Italian Pasta Salad w/ Peppers & Onions Chicken Pea Salad Dinner Roll Pound Cake Calories 810 Sodium 1120	486 - 189 100 240	Turkey & Provolone Cheese Wheat Hamburger Bun Squash & Cranberry Couscous Beet Salad Apple Mayo Calories 758 Sodium 1077	668 75 90 83 1 55	Waldorf Chicken Salad Sandwich Whole Grain Croissant 3 Bean Salad Carrot Raisin Salad Vanilla Pudding Calories 834 Sodium 988	161 190 278 124 130	Buffalo Chicken & Cheese Wheat Bread (2 slices) Italian Pasta Salad Cucumber Dill Salad Peach Cup Calories 743 Sodium 963	525 130 196 2 5	Ham Salad Sandwich w/ Lettuce Whole Grain Croissant Chickpeas, Craisin & Apple Salad Shaved Brussel Sprout Salad Banana Calories 800 Sodium 1046	535 0 190 199 16 1
27		28		29		30		31	
Turkey & Cheese Sandwich Wheat Hamburger Bun Sweet Potato & Craisin Salad Beet Salad Applesauce Mayo Calories 745 Sodium 884	530 75 34 83 2 55	Roast Beef & American Cheese Wheat Bread (2 slices) Corn & Red Pepper Salad Squash & Cranberry Couscous Orange Mustard Calories 848 Sodium 987	510 130 7 90 0 55	Honey Mustard Chicken Salad Wheat Bread (2 slices) Potato Salad Broccoli Salad Pear Cup Calories 984 Sodium 894	260 130 252 147 0	Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Cole Slaw Dinner Roll Chocolate Chip Cookie Calories 764 Sodium 811	430 - 96 100 80	Egg Salad Sandwich Wheat Bread (2 slices) Italian Pasta Salad Carrot Raisin Salad Mandarin Fruit Cup Calories 991 Sodium 846	287 130 196 124 5

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.