


June 2026

Mystic Valley Elder Services

City Fresh Supper

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey & Cheese Sandwich Wheat Hamburger Bun Sweet Potato & Craisin Salad Beet Salad Pear Mayo Calories 796 Sodium 886	530 Tortellini Pasta Salad w/ Beans, 75 Spinach & Sundried Tomatoes 34 Broccoli Salad 83 Dinner Roll 2 Shortbread Cookie 57 Calories 830 Sodium 932	430 Honey Mustard Chicken Salad - Wheat Bread (2 slices) 147 Chickpea & Red Pepper Salad 100 Cole Slaw 150 Banana Calories 910 Sodium 872	260 Roast Beef & Swiss Cheese 130 Wheat Bread (2 slices) 280 Corn & Red Pepper Salad 96 Shaved Brussel Sprout Salad 1 Pudding Mustard Calories 849 Sodium 723	280 Tuna Salad Sandwich 130 Wheat Bun 7 Italian Pasta Salad 16 Carrot Raisin Salad 130 Fruit Cup 55 Calories 828 Sodium 908
8	9	10	11	12
Curried Chicken Salad Whole Grain Croissant Artichoke, Feta & Roasted Pepper Couscous Salad Pea Salad Pudding Calories 965 Sodium 912	156 Buffalo Chicken & Cheese 190 Wheat Hamburger Bun 142 Butternut Squash & Cranberry Couscous 189 Beet Salad 130 Orange / Mayo Calories 710 Sodium 936	525 Greek Pasta Salad 75 w/ Chicken, Olives & Feta 90 Sweet Potato & Craisin Salad Wheat Roll 83 Apple 57 Calories 801 Sodium 524	233 Egg Salad Sandwich - w/ Lettuce 34 Wheat Hamburger Bun 150 Italian Pasta Salad 2 Zucchini Salad Fig Newton Calories 983 Sodium 974	287 Roast Beef & Cheese 0 Wheat Bread (2 slices) 75 Corn & Red Pepper Salad 196 Tomato Cucumber Salad 131 Pear 180 Mustard Calories 780 Sodium 652
15	16	17	18	19
Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Chickpeas, Craisin & Apple Salad Wheat Roll Orange Calories 741 Sodium 866	411 Turkey & Swiss Cheese - Wheat Hamburger Bun 199 Italian Pasta Salad 150 Tomato Cucumber Salad 1 Pudding Mustard Calories 718 Sodium 1074	440 Crispy Chicken Salad over 75 Romaine, Tomatoes, Cucumbers 196 Corn & Red Pepper Salad 73 Wheat Roll 130 Pound Cake 55 Honey Mustard Dressing Calories 780 Sodium 1129	407 Turkey-Ham & Cheese (pork free) - on Croissant 7 Butternut Squash & Cranberry 150 Couscous 240 Pickled Cabbage Slaw 220 Applesauce Calories 734 Sodium 945	Holiday No Meals
22	23	24	25	26
Italian Pasta Salad w/ Peppers & Onions & Chicken Pea Salad Wheat Roll Pear Fruit Cup Calories 706 Sodium 706	261 Ham & Swiss Cheese Wheat Hamburger Bun (Low Na) 190 Beet Salad 150 Sweet Potato & Craisin Salad 0 Banana Calories 762 Sodium 948	650 Waldorf Chicken Salad Sandwich 75 Whole Grain Croissant 83 Artichoke, Feta, Roasted Pepper 34 Couscous Salad 1 Carrot Raisin Salad Blueberry Bread Calories 1020 Sodium 972	161 Turkey & Provolone Cheese 190 Wheat Hamburger Bun 142 Ranch Pasta Salad Tomato Cucumber Salad 124 Orange 250 Mayo Calories 747 Sodium 1158	668 Egg Salad Sandwich 75 Wheat Bread (2 slices) 179 Chickpeas, Craisin & Apple Salad 73 Shaved Brussel Sprout Salad 1 Pudding 57 Calories 1116 Sodium 862
29	30			
Roast Beef & Cheese Wheat Bread (2 slices) Corn & Red Pepper Salad Squash & Cranberry Couscous Lemon Square Mustard Calories 948 Sodium 757	280 Turkey & Cheese Sandwich 130 Wheat Hamburger Bun (Low Na) 7 Sweet Potato & Craisin Salad 90 Beet Salad 90 Applesauce 55 Mayo Calories 745 Sodium 886	530 75 34 83 2 57		

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.