

July 2026

Mystic Valley Elder Services

City Fresh Vegetarian

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Whole Grain Cheese Lasagna w/ Marinara & Parmesan Brussel Sprouts Wheat Bread Cinnamon Apples Calories 688 Sodium 1039 mg		Chik'n Cutlet Roasted Potatoes California Blend Vegetables Wheat Roll Chocolate Brownie Cookie Calories 710 Sodium 879 mg		Holiday No Meals	
6		7		8		9		10	
BBQ Tofu Butternut Squash Beets & Greens Dinner Roll Pear Cup Calories 705 Sodium 655 mg		Veggie Sausage w/ Peppers & Onions White Rice Mixed Vegetables Dinner Roll Fresh Orange Calories 705 Sodium 778 mg		Three Bean Chili w/ Shredded cheese Green Beans & Red Peppers Whole Grain Cornbread Bowl Vanilla Pudding Calories 755 Sodium 1011 mg		Vegetarian Torta di Polenta Polenta w/ Cheese Kale & Peppers Hawaiian Roll Craisin Calories 711 Sodium 762 mg		Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Bread Oatmeal Cookie Calories 747 Sodium 797 mg	
13		14		15		16		17	
Caprese Chik'n Mashed Potatoes Carrots Wheat Roll Applesauce Calories 779 Sodium 913 mg		Creamy White Bean & Spinach w/ Orzo Broccoli Wheat Bread Blueberry Bread High Sodium Meal Calories 991 Sodium 1287 mg		Stewed Tomato Beans White Rice Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Calories 728 Sodium 809 mg		Honey Glazed Tofu Roasted Sweet Potatoes California Blend Vegetables Dinner Roll Banana Calories 697 Sodium 328 mg		Vegetarian Sloppy Joe (Lentil) Potato Wedges Carrots Wheat Hamburger Bun Chocolate Pudding Ketchup Calories 718 Sodium 551 mg	
20		21		22		23		24	
Cheesy Rice Casserole Seasoned Rice Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 686 Sodium 821 mg		Lentil Stew w/ Whole Grain Buttermilk Biscuit Green Peas & Red Peppers Pound Cake Calories 827 Sodium 951 mg		Tomato Caprese Sandwich Whole Grain Croissant Sweet Potato Tater Tots Brussel Sprouts Apple Calories 816 Sodium 960 mg		Whole Grain Cheese Ravioli w/ Lentil Bolognese & Parmesan Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 727 Sodium 883 mg		Tuscan Tofu Rice Pilaf California Blend Vegetables Wheat Roll Peach Cup Calories 731 Sodium 559 mg	
27		28		29		30		31	
Stewed Beans Cheesy Grits Broccoli Cornbread Loaf Banana Calories 781 Sodium 783 mg		Vegetarian Cacciatore Tortellini Green Beans & Red Peppers Wheat Bread Blueberry Crisp Calories 901 Sodium 943 mg		Tofu & Artichoke Picatta Rice Pilaf Carrots Dinner Roll Orange Calories 774 Sodium 592 mg		Veggie Sausage w/ Gravy Roasted Sweet Potatoes Brussel Sprouts Cornbread Loaf Pear Calories 685 Sodium 886 mg		Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Roll Chocolate Chip Cookie Calories 740 Sodium 870 mg	

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.