

August 2026

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Mongolian Beef White Rice Cabbage Shortbread Cookie		Pork Fried Rice White Rice Water Spinach Fruit		Chicken Teriyaki Potstickers w/ Soy Drizzl White Rice Bok Choy Fruit		Turmeric & Ginger Fish White Rice Water Spinach Fruit		Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit	
Calories 871 Sodium 802 mg		Calories 872 Sodium 580 mg		Calories 710 Sodium 819 mg		Calories 750 Sodium 445 mg		Calories 782 Sodium 555 mg	
10		11		12		13		14	
Caramel Ginger Chicken White Rice Cabbage Fruit		Chicken Teriyaki White Rice Broccoli Fruit		Cheeseburger Sweet Potato Tater Tots Green Beans & Red Peppers Wheat Hamburger Bun Pound Cake w/ Blueberries Ketchup		Pork & Vegetable Egg Roll White Rice Bok Choy Fruit		Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Oatmeal Cookie	
Calories 850 Sodium 682 mg		Calories 692 Sodium 856 mg		Calories 948 Sodium 1137 mg		Calories 730 Sodium 779 mg		Calories 811 Sodium 753 mg	
17		18		19		20		21	
Chinese BBQ Pork White Rice Cabbage Fruit		Lemongrass Chicken White Rice Bok Choy Fruit		Green Curry White Fish White Rice Water Spinach Fruit		Pork Lo Mein Noodles Broccoli Cookie		Teriyaki Beef White Rice Cabbage Fruit	
Calories 894 Sodium 599 mg		Calories 794 Sodium 686 mg		Calories 753 Sodium 380 mg		Calories 876 Sodium 953 mg		Calories 918 Sodium 683 mg	
24		25		26		27		28	
Teriyaki Salmon White Rice Water Spinach Fruit		Sweet & Sour Chicken White Rice Cabbage Fruit		Lemongrass Beef (Bò xả ớt) White Rice Broccoli Lemon Square		Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit	
Calories 808 Sodium 695 mg		Calories 870 Sodium 673 mg		Calories 854 Sodium 777 mg		Calories 844 Sodium 644 mg		Calories 825 Sodium 872 mg	
31									
Mongolian Beef White Rice Cabbage Fruit									
Calories 811 Sodium 652 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.