

August 2026

Mystic Valley Elder Services

City Fresh Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Herb Roasted Chicken Thigh w/ Gravy Mashed Potatoes Carrots Wheat Bread Shortbread Cookie Calories 714 Sodium 530	101 23 56 65 150	Beefy Mac & Cheese Tortellini Cheese Tortellini Brussel Sprouts Wheat Roll Pear Calories 907 Sodium 948	480 155 26 150 2	Swedish Turkey Meatballs Roasted Potatoes Broccoli Whole Grain Cornbread Banana Calories 775 Sodium 934	495 85 38 180 1	Braised Beef & Vegetables Rice Pilaf Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 846 Sodium 640	161 49 65 100 130	Potato Pollock Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup Tartar Sauce Calories 706 Sodium 734	330 150 34 80 5 110
10		11		12	Summer Special	13		14	
Unstuffed Pepper Bowl w/ Beef & White Rice Carrots Wheat Bread Applesauce Calories 863 Sodium 559	276 25 56 65 2	Shrimp Tacos w/ Cheese Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 700 Sodium 935	537 67 61 135 0	Cheeseburger Sweet Potato Tater Tots Green Beans & Red Peppers Wheat Hamburger Bun Pound Cake w/ Blueberries Ketchup Calories 948 Sodium 1137	368 213 21 75 240 85	Chicken Anna Maria Mashed Potatoes Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 702 Sodium 652	338 23 51 100 5	Sausage w/ Abruzzi Sauce Bowtie Pasta Tuscan Vegetable Blend Wheat Roll Oatmeal Cookie Calories 727 Sodium 1055	650 4 26 150 90
17		18		19		20		21	
Meatloaf w/ Gravy Garlic Mashed Potatoes Green Beans & Red Peppers Whole Grain Cornbread Vanilla Pudding Calories 810 Sodium 1034	545 23 21 180 130	Chicken Carbonara w/ Ham Whole Grain Pasta Broccoli Dinner Roll Pears Calories 700 Sodium 907	630 4 38 100 0	Pork w/ Mustard Wine Sauce Butternut Squash Green Peas Cornbread Loaf Banana Calories 866 Sodium 596	248 12 20 180 1	Chicken & Vegetable Stir Fry White Rice Beets & Greens Wheat Roll Chocolate Chip Cookie Calories 771 Sodium 814	307 25 117 150 80	Salmon w/ Dill Sauce Roasted Potatoes Mixed Root Vegetables Wheat Bread Mandarin Fruit Cup Calories 770 Sodium 515	160 85 65 65 5
24		25		26		27		28	
French Onion Chicken Mashed Potatoes Green Peas Dinner Roll Chocolate Pudding Calories 766 Sodium 833	420 23 20 100 135	Sloppy Joe (Beef & Turkey) Baked Beans California Blend Vegetables Wheat Hamburger Bun Orange Calories 793 Sodium 497	112 140 34 75 1	Herb Crusted White Fish w/ Lemon Orzo Carrots Wheat Roll Lemon Square Calories 757 Sodium 781	346 4 56 150 90	Turkey, Cheese & Ham & Egg Casserole Roasted Potatoes Broccoli Snack Loaf Banana Calories 786 Sodium 784	435 85 38 90 1	Lemon Ricotta Parmesan Chicken Cheese Ravioli Mixed Root Vegetables Wheat Bread Applesauce Calories 787 Sodium 799	332 200 65 65 2
31									
Beef Teriyaki Bowl w/ Scallions Lo Mein Noodles Corn w/ Peppers Wheat Roll Peach Cup Calories 758 Sodium 726	290 125 21 150 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.