

August 2026

Mystic Valley Elder Services

City Fresh Kosher

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Cacciatore Rice Pilaf Green Beans Cookies - Rye Bread	Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit - Rye Bread	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dice Pear - Dinner Roll	Chicken Provencal Roasted Red Potatoes Haricot Verts Beans Seasonal Fruit - Rye Bread	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dice Peach - Dinner Roll
10	11	12	13	14
Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit - Rye Bread	Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Seasonal Fruit - Rye Bread	Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce - Dinner Roll	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit - Rye Bread	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit - Wheat Bread
17	18	19	20	21
Glazed Meatloaf Mashed Potatoes Green Beans Fresh Fruit - Rye Bread	Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Seasonal Fruit- Rye Bread	Cheese Blintz Roasted Potatoes Bean Medley Peaches - Dinner Roll	Chicken Stir Fry Basmati Rice Corn Seasonal Fruit - Rye Bread	Spinach and Onion Mac N Cheese Cavatappi Pasta Mixed Vegetables Apple Sauce - Wheat Bread
24	25	26	27	28
Cod Bruchetta Lemon Rice Carrots Seasonal Fruit - Rye Bread	Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit - Rye Bread	Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Seasonal Fruit - Dinner Roll	Beef Goulash Egg Noddle Marinara Bean Medley Seasonal Fruit - Wheat Bread	Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce - Wheat Bread
31				
Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit - Rye Bread				

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.