

August 2026

Mystic Valley Elder Services

City Fresh Low Lactose

| Monday                                                                                                                                            |  | Tuesday                                                                                                                              |  | Wednesday                                                                                                              |  | Thursday                                                                                                                                 |  | Friday                                                                                                             |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------|--|
| 3                                                                                                                                                 |  | 4                                                                                                                                    |  | 5                                                                                                                      |  | 6                                                                                                                                        |  | 7                                                                                                                  |  |
| Braised Beef w/ Peppers & Onions<br>Quinoa<br>Green Peas<br>Fruit<br>Wheat Roll<br><br>Calories 640 Sodium 483 mg                                 |  | Curried Chicken<br>Brown Rice<br>Carrots<br>Fruit<br>Wheat Roll<br><br>Calories 700 Sodium 559 mg                                    |  | Maple Glazed Pork<br>Mashed Potatoes<br>Mixed Root Vegetables<br>Fruit<br>Wheat Roll<br><br>Calories 655 Sodium 463 mg |  | Stewed Tomato White Fish<br>Couscous<br>Brussel Sprouts<br>Fruit<br>Wheat Roll<br><br>Calories 647 Sodium 583 mg                         |  | White Bean & Chicken Chili<br>California Blend Vegetables<br>Fruit<br>Wheat Roll<br><br>Calories 544 Sodium 582 mg |  |
| 10                                                                                                                                                |  | 11                                                                                                                                   |  | 12                                                                                                                     |  | 13                                                                                                                                       |  | 14                                                                                                                 |  |
| Chicken Scampi<br>Pasta<br>Green Peas<br>Fruit<br>Wheat Roll<br><br>Calories 785 Sodium 519 mg                                                    |  | Tomato Bruschetta Chicken<br>Rice Pilaf<br>Mixed Vegetables<br>Fruit<br>Wheat Roll<br><br>Calories 746 Sodium 481 mg                 |  | Turkey Meatloaf w/ Gravy<br>Mashed Potatoes<br>Carrots<br>Fruit<br>Hawaiian Roll<br><br>Calories 745 Sodium 602 mg     |  | Lentil Bolognese<br>Whole Grain Pasta<br>Broccoli<br>Fruit<br>Wheat Roll<br><br>Calories 552 Sodium 472 mg                               |  | Beef Stew<br>Roasted Potatoes<br>Vegetable Medley<br>Fruit<br>Wheat Roll<br><br>Calories 680 Sodium 567 mg         |  |
| 17                                                                                                                                                |  | 18                                                                                                                                   |  | 19                                                                                                                     |  | 20                                                                                                                                       |  | 21                                                                                                                 |  |
| Chicken with Cranberry Chutney<br>Mashed Butternut Squash<br>California Blend Vegetables<br>Fruit<br>Wheat Roll<br><br>Calories 650 Sodium 420 mg |  | Salmon with Pineapple-Mango Salsa<br>Roasted Potatoes<br>Kale & Red Peppers<br>Fruit<br>Wheat Roll<br><br>Calories 675 Sodium 479 mg |  | Pot Roast w/ Gravy<br>Roasted Sweet Potato<br>Green Beans<br>Fruit<br>Wheat Roll<br><br>Calories 653 Sodium 603 mg     |  | Chicken Tacos<br>Brown Rice<br>Black Beans, Corn & Peppers<br>Fruit<br>Wheat Tortilla Wrap (1)<br><br>Calories 666 Sodium 503 mg         |  | Whole Grain Pasta<br>w/ Turkey Bolognese<br>Carrots<br>Fruit<br>Wheat Bread<br><br>Calories 630 Sodium 477 mg      |  |
| 24                                                                                                                                                |  | 25                                                                                                                                   |  | 26                                                                                                                     |  | 27                                                                                                                                       |  | 28                                                                                                                 |  |
| Scrambled Eggs<br>Rosemary Potatoes<br>Mixed Vegetables<br>Fruit<br>Wheat Roll<br><br>Calories 516 Sodium 693 mg                                  |  | Herb Crusted White Fish w/ Lemon<br>Roasted Potatoes<br>Carrots<br>Fruit<br>Wheat Roll<br><br>Calories 648 Sodium 774 mg             |  | Chicken Picatta<br>Baked Sweet Potato<br>Brussel Sprouts<br>Fruit<br>Wheat Roll<br><br>Calories 631 Sodium 480 mg      |  | American Chop Suey (Turkey)<br>Whole Grain Pasta<br>Green Beans w/ Red Peppers<br>Fruit<br>Wheat Bread<br><br>Calories 725 Sodium 451 mg |  | Rosemary & Garlic Chicken<br>Mashed Potatoes<br>Broccoli<br>Fruit<br>Wheat Roll<br><br>Calories 742 Sodium 695 mg  |  |
| 31                                                                                                                                                |  |                                                                                                                                      |  |                                                                                                                        |  |                                                                                                                                          |  |                                                                                                                    |  |
| Braised Beef w/ Peppers & Onions<br>Quinoa<br>Green Peas<br>Fruit<br>Wheat Roll<br><br>Calories 640 Sodium 483 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 Lactaid milk and 30 mg sodium for Margarine.