

August 2026

Mystic Valley Elder Services

City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5	High Sodium Meal	6		7	
Greek Pasta Salad w/ Chicken, Olives & Feta Sweet Potato & Craisin Salad Wheat Roll Shortbread Cookie Calories 852 Sodium 672	233 - 34 150 150	Curried Chicken Salad Whole Grain Croissant Artichoke, Feta & Roasted Pepper Couscous Salad Pea Salad Pear Calories 935 Sodium 782	156 190 142 189 0	Ham & American Cheese Wheat Hamburger Bun Italian Pasta Salad Carrot Raisin Salad Banana Calories 688 Sodium 1245	744 75 196 124 1	Tuna Salad w/ Lettuce Wheat Hamburger Bun 3 Bean Salad Tomato Cucumber Salad Vanilla Pudding Calories 754 Sodium 1064	403 0 75 278 73 130	Roast Beef & Cheese Sandwich Wheat Bread (2 slices) Corn & Red Pepper Salad Zucchini Salad Fruit Cup Mustard Calories 741 Sodium 713	280 130 7 131 5 55
10		11		12		13		14	
Caprese Chicken Pasta Salad w/ Mozzarella, Tomatoes & Basil Carrot Raisin Salad Cornbread Loaf Applesauce Calories 918 Sodium 897	486 - 124 180 2	Turkey & Swiss Cheese Sandwich Wheat Hamburger Bun Ranch Pasta Salad Chickpea, Craisin & Apple Salad Orange Mustard Calories 876 Sodium 1054	440 75 180 199 0 55	Turkey-Ham & Cheese (pork free) on Croissant Squash & Cranberry Couscous Pickled Cabbage Slaw Pound Cake w/ Berries Calories 862 Sodium 1183	550 190 90 8 240	Chef Salad w/ Ham, Cheese & Hard Boiled Egg Corn & Red Pepper Salad Wheat Roll Fruit Cup Ranch Dressing Calories 745 Sodium 972	556 - 21 180 0 110	Chicken Salad w/ Lettuce Wheat Bun Potato Salad Broccoli Salad Oatmeal Cookie Calories 872 Sodium 829	160 0 75 252 147 90
17		18		19		20		21	
Italian Pasta Salad w/ Chicken, Peppers, onions Pea Salad Dinner Roll Vanilla Pudding Calories 750 Sodium 1011	486 - 190 100 130	Turkey & American Cheese Sandwich Wheat Hamburger Bun Squash & Cranberry Couscous Beet Salad Pears Mayo Calories 760 Sodium 1178	768 75 90 83 0 57	Waldorf Chicken Salad Sandwich Whole Grain Croissant 3 Bean Salad Carrot Raisin Salad Banana Calories 829 Sodium 859	161 190 278 124 1	Egg Salad Sandwich w/ Lettuce Whole Grain Croissant Chickpeas, Craisin & Apple Salad Shaved Brussel Sprout Salad Chocolate Chip Cookie Calories 1028 Sodium 877	287 0 190 199 16 80	Buffalo Chicken & Cheese Wheat Bread (2 slices) Italian Pasta Salad Cucumber Dill Salad Mandarin Fruit Cup Calories 740 Sodium 963	525 130 196 2 5
24		25		26		27		28	
Turkey & Cheese Sandwich Wheat Hamburger Bun Sweet Potato & Craisin Salad Beet Salad Chocolate Pudding Mayo Calories 804 Sodium 1019	530 75 34 83 135 57	Greek Pasta Salad w/ Chicken, Olives & Feta Squash & Cranberry Couscous Wheat Roll Orange Calories 760 Sodium 568	223 - 90 150 0	Honey Mustard Chicken Salad Wheat Bread (2 slices) Potato Salad Broccoli Salad Lemon Square Calories 1044 Sodium 984	260 130 252 147 90	Tortellini Pasta Salad w Beans, Spinach & Sundried Tomatoes Cole Slaw Dinner Roll Banana Calories 743 Sodium 732	430 - 96 100 1	Ham Salad Sandwich Wheat Bread (2 slices) Chickpea, Craisin & Apple Salad Carrot Raisin Salad Applesauce Calories 820 Sodium 1095	535 130 199 124 2
31									
Roast Beef & American Cheese Wheat Bread (2 slices) Sweet Potato & Craisin Salad Pickled Cabbage Peach Cup Mustard Calories 809 Sodium 847	510 130 34 8 5 55							CITY FRESH FOODS	

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.