

August 2026

Mystic Valley Elder Services

City Fresh Vegetarian

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
Chik'n w/ Gravy Mashed Potatoes Carrots Wheat Bread Shortbread Cookie Calories 805 Sodium 942 mg		Mac & Cheese Brussel Sprouts Wheat Roll Pear Calories 1011 Sodium 1088 mg		Swedish Veggie Meatballs Roasted Potatoes Broccoli Whole Grain Cornbread Banana Calories 863 Sodium 989 mg		Braised Veggie Sausage w/ Gravy Polenta Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 692 Sodium 912 mg		Veggie Fritters Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup Calories 840 Sodium 928 mg	
10		11		12		13		14	
Unstuffed Pepper Bowl w/ Lentils & White Rice Carrots Wheat Bread Applesauce Calories 742 Sodium 481 mg		Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 699 Sodium 964 mg		Veggie Burger w/ Cheese Sweet Potato Tater Tots Green Beans & Red Peppers Wheat Hamburger Bun Pound Cake w/ Blueberries Ketchup Calories 952 Sodium 1264 mg		Chik'n Anna Maria Mashed Potatoes Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 738 Sodium 841 mg		Vegetarian Sausage Abruzzi Bowtie Pasta Kale & Corn Wheat Roll Oatmeal Cookie Calories 690 Sodium 1045 mg	
17		18		19		20		21	
Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Green Beans & Red Peppers Whole Grain Cornbread Vanilla Pudding Calories 740 Sodium 982 mg		Vegetarian Carbonara Whole Grain Pasta Broccoli Dinner Roll Pears Calories 724 Sodium 744 mg		Veggie Sausage w/Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Banana Calories 731 Sodium 928 mg		Tofu & Vegetable Stir Fry White Rice Beets & Greens Cornbread Loaf Chocolate Chip Cookie Calories 813 Sodium 787 mg		White Beans in Dill Sauce Roasted Potatoes Carrots Wheat Bread Mandarin Fruit Cup Calories 697 Sodium 811 mg	
24		25		26		27		28	
French Onion Chik'n Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Chocolate Pudding Calories 833 Sodium 1195 mg		Vegetarian Sloppy Joe (Lentils) Baked Beans California Blend Vegetables Wheat Hamburger Bun Orange Calories 719 Sodium 425 mg		Veggie Fritters w/ Lemon Wedge Orzo Carrots Wheat Roll Lemon Square Calories 692 Sodium 765 mg		Egg, Cheese & Broccoli Casserole Roasted Potatoes Snack Loaf Banana Calories 877 Sodium 967 mg		Lemon Ricotta Parmesan Beans Cheese Ravioli Mixed Root Vegetables Wheat Bread Applesauce Calories 820 Sodium 863 mg	
31									
Teriyaki Tofu Bowl w/ Scallion Lo Mein Noodles Corn w/ Peppers Wheat Roll Peach Cup Calories 700 Sodium 873 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.