

September 2026

Mystic Valley Aging Services

Asian Vietnamese

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		Pork Fried Rice White Rice Water Spinach Lemon White Chocolate Cookie Calories 971 Sodium 680 mg		Chicken Teriyaki Potstickers w/ Soy White Rice Bok Choy Fruit Calories 710 Sodium 819 mg		Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 750 Sodium 445 mg		Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 782 Sodium 555 mg	
7		8		9		10		11	
Holiday No Meals		Chicken Teriyaki White Rice Broccoli Fruit Calories 692 Sodium 856 mg		Pork & Vegetable Egg Roll White Rice Bok Choy Fruit Calories 730 Sodium 779 mg		Caramel Ginger Chicken White Rice Cabbage Fruit Calories 850 Sodium 682 mg		Pork Meatballs w/ Nuoc Cham Rice Noodles Broccoli Oatmeal Cookie Calories 811 Sodium 753 mg	
14		15		16		17		18	
Chinese BBQ Pork White Rice Cabbage Fruit Calories 894 Sodium 599 mg		Lemongrass Chicken White Rice Bok Choy Sponge Cake w/ Blueberries Calories 846 Sodium 781 mg		Green Curry White Fish White Rice Water Spinach Fruit Calories 753 Sodium 380 mg		Pork Lo Mein Noodles Broccoli Fruit Calories 820 Sodium 873 mg		Teriyaki Beef White Rice Cabbage Fruit Calories 918 Sodium 683 mg	
21		22		23		24		25	
Teriyaki Salmon White Rice Water Spinach Chocolate Brownie Cookie Calories 921 Sodium 810 mg		Sweet & Sour Chicken White Rice Cabbage Fruit Calories 870 Sodium 673 mg		Lemongrass Beef (Bò xả ớt) White Rice Broccoli Fruit Calories 785 Sodium 687 mg		Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 844 Sodium 644 mg		Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Calories 825 Sodium 872 mg	
28		29		30					
Mongolian Beef White Rice Cabbage Fruit Calories 811 Sodium 652 mg		Pork Fried Rice White Rice Water Spinach Fruit Calories 872 Sodium 580 mg		Chicken Teriyaki Potstickers w/ Soy White Rice Bok Choy Fruit Calories 710 Sodium 819 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.