

September 2026

Mystic Valley Aging Services

City Fresh Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2	Holiday Meal	3		4	
		BBQ Chicken Thigh Roasted Sweet Potato California Blend Vegetables Dinner Roll Lemon White Chocolate Cookie Calories 744 Sodium 746	357 20 34 100 100	Hot Dog (Beef) Baked Pinto Beans Green Beans & Red Peppers Wheat Hot Dog Bun Peach Ketchup Calories 863 Sodium 1006	540 140 21 85 0 85	Roast Turkey w/ Gravy Mashed Potatoes Broccoli Wheat Bread Vanilla Pudding Calories 650 Sodium 971	580 23 38 65 130	Three Bean Chicken Chili Shredded cheese Carrots Whole Grain Cornbread Bowl Fresh Orange Calories 842 Sodium 880	432 96 56 160 1
7		8		9		10		11	
	Holiday No Meals	Beef w/ Onions & Peppers Mashed Potatoes Mixed Vegetables Wheat Roll Chocolate Pudding Calories 775 Sodium 626	132 23 51 150 135	Torta di Polenta (Pork & Beef) Polenta w/ Cheese Kale & Peppers Hawaiian Roll Applesauce Calories 814 Sodium 739	493 - 29 80 2	Cheesy Chicken & Rice Casserole Seasoned Rice Green Peas Whole Grain Cornbread Banana Calories 1029 Sodium 891	555 - 20 180 1	Seafood Cajun Pasta Whole Grain Pasta Broccoli Wheat Bread Oatmeal Cookie Calories 707 Sodium 832	500 4 38 65 90
14		15		16		17		18	
Rosemary & Garlic Chicken Orzo Mixed Root Vegetables Dinner Roll Vanilla Pudding Calories 780 Sodium 860	426 4 65 100 130	Whole Grain Cheese Lasagna w/ Turkey Bolognese & Parmesan Tuscan Blend Vegetables Texas Toast Garlic Bread Sponge Cake w/ Blueberries Calories 827 Sodium 1103	390 222 26 235 95	Salmon with Peach-Mango Salsa Roasted Sweet Potatoes California Blend Vegetables Cornbread Loaf Banana Calories 686 Sodium 471	100 21 34 180 1	Shepherds Pie Mashed Potatoes Carrots Wheat Roll Applesauce Calories 765 Sodium 638	295 - 56 150 2	Tuscan Chicken Rice Pilaf Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 793 Sodium 594	203 50 51 150 5
21		22	High Sodium Meal	23		24		25	
Beef Stew Whole Grain Buttermilk Biscuit Green Peas Chocolate Brownie Cookie Calories 1080 Sodium 800	150 370 20 125	Hot Ham & Cheese Sandwich on Whole Grain Croissant Sweet Potato Fries Broccoli Applesauce Mustard Calories 732 Sodium 1314	744 190 150 38 2 55	Chicken Cacciatore Tortellini Vegetable Medley Wheat Roll Orange Calories 685 Sodium 899	384 175 54 150 1	Shrimp & Grits Cheesy Grits Brussel Sprouts Whole Grain Cornbread Banana Calories 780 Sodium 931	517 72 26 180 1	American Chop Suey (Beef) Whole Grain Pasta Mixed Vegetables Wheat Roll Chocolate Pudding Calories 721 Sodium 708	233 4 51 150 135
28		29		30					
Chicken Saltimboca (chicken thigh, sliced ham) Mashed Potatoes Green Beans & Red Peppers Wheat Bread Peach Fruit Cup Calories 751 Sodium 629	380 23 21 65 5	Pot Roast w/ Brown Gravy Roasted Sweet Potatoes Brussel Sprouts Cornbread Vanilla Pudding Calories 690 Sodium 1079	587 21 26 180 130	White Fish Picatta Rice Pilaf Carrots Dinner Roll Orange Calories 727 Sodium 728	387 50 56 100 0				

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.