

September 2026

Mystic Valley Aging Services

City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		Ham & American Cheese	744	Curried Chicken Salad	156	Tuna Salad	403	Roast Beef & Cheese Sandwich	280
		Wheat Hamburger Bun	75	Whole Grain Croissant	190	w/ Lettuce	0	Wheat Bun	75
		Corn & Red Pepper Salad	7	Italian Pasta Salad	196	Wheat Hamburger Bun	75	Artichoke, Feta & Roasted Pepper	142
		Zucchini Salad	131	Carrot Raisin Salad	124	3 Bean Salad	278	Couscous Salad	
		Lemon White Chocolate Cookie	100	Peach Cup	5	Tomato Cucumber Salad	73	Pea Salad	189
						Vanilla Pudding	130	Orange / Mustard	56
		Calories 722 Sodium 1162		Calories 855 Sodium 776		Calories 754 Sodium 1064		Calories 780 Sodium 847	
7		8		9		10		11	
Holiday No Meals		Italian Pasta Salad w/	391	Chicken Salad	161	Chef Salad	556	Turkey-Ham & Cheese (pork free)	550
		Chicken ,Peppers & Onions	289	w/ Lettuce	0	w/ Ham, Cheese & Hard Boiled Egg	-	on Croissant	190
		Beet Salad	83	Wheat Bun	75	Corn & Red Pepper Salad	21	Butternut Squash & Cranberry	90
		Dinner Roll	100	Potato Salad	250	Wheat Roll	150	Couscous	
		Chocolate Pudding	135	Broccoli Salad	147	Banana	1	Pickled Cabbage Slaw	8
				Applesauce	2	Ranch Dressing	110	Oatmeal Cookie	90
		Calories780 Sodium 1103		Calories 840 Sodium 740		Calories 675 Sodium 943		Calories 765 Sodium 1033	
14		15		16		17		18	
High Sodium Meal									
Turkey & American Cheese	768	Caprese Chicken Pasta	485	Beef Taco Salad	185	Buffalo Chicken & Cheese	525	Egg Salad Sandwich	287
Wheat Hamburger Bun	75	w/ Mozzarella, Tomatoes & Basil	-	w/ Lettuce, Tomatoes, Cheese	-	Wheat Bun	75	w/ Lettuce	0
Chickpeas, Craisin & Apple Salad	199	Wheat Roll	150	Black Beans & Corn	88	Italian Pasta Salad	196	Whole Grain Croissant	190
Beet Salad	83	Sweet Potato & Craisin Salad	34	Tortilla Chips	95	Shaved Brussel Sprout Salad	16	Potato Salad	250
Vanilla Pudding	130	Pound Cake	240	Banana	1	Applesauce	2	Cucumber Dill Salad	2
				Ranch Dressing	110			Mandarin Fruit Cup	5
		Calories 1015 Sodium 1014		Calories 790 Sodium 584		Calories 662 Sodium 919		Calories 870 Sodium 839	
21		22		23		24		25	
Turkey & Cheese Sandwich	530	Greek Pasta Salad	233	Honey Mustard Chicken Salad	260	Tortellini Pasta Salad w/ Beans	430	Ham Salad Sandwich	535
Wheat Hamburger Bun	75	w/ Chicken, Olives & Feta	65	Wheat Bun	75	Spinach & Sundried Tomatoes	-	Wheat Bun	75
Squash & Cranberry Couscous	90	3 Bean Salad	278	Ranch Pasta Salad	180	Cole Slaw	96	Chickpea, Craisin & Apple Salad	199
Beet Salad	83	Wheat Roll	150	Broccoli Salad	147	Dinner Roll	100	Carrot Raisin Salad	124
Chocolate Brownie Cookie	115	Applesauce	2	Orange	1	Banana	1	Chocolate Pudding	135
Mayo	55								
		Calories 820 Sodium 833		Calories 920 Sodium 768		Calories 743 Sodium 732		Calories 769 Sodium 1173	
28		29		30					
Roast Beef & American Cheese	510	Curried Chicken Salad	155	Turkey & Cheese Sandwich	530				
Wheat Hamburger Bun	75	Whole Grain Croissant	190	Wheat Hamburger Bun	75				
Sweet Potato & Craisin Salad	34	Artichoke, Feta & Roasted Pepper	142	Italian Pasta Salad	196				
Pickled Cabbage	8	Couscous Salad		Cucumber Dill Salad	2				
Peach Fruit Cup	5	Pea Salad	189	Orange	1				
Mustard	55	Vanilla Pudding	130	Mayo	60				
		Calories 965 Sodium 911		Calories 746 Sodium 969					

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.