

October 2026

Mystic Valley Aging Services

Asian Vietnamese

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
CITY FRESH FOODS						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	
5		6		7		8		9	
Chinese BBQ Pork White Rice Cabbage Fruit Calories 894 Sodium 599 mg		Chicken Teriyaki White Rice Broccoli Fruit Calories 692 Sodium 856 mg		Pork & Vegetable Egg Roll White Rice Bok Choy Shortbread Cookie Calories 780 Sodium 929 mg		Chicken with Sage Cream Sauce Butternut Squash Ravioli Broccoli Wheat Roll Apple Crisp Calories 898 Sodium 947 mg		Pork Meatballs w/ Nuoc Cham Rice Noodles Broccoli Oatmeal Cookie Calories 811 Sodium 753 mg	
12		13		14		15		16	
Holiday No Meals		Lemongrass Chicken White Rice Bok Choy Chocolate Chip Cookie Calories 850 Sodium 766 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	
19		20		21		22		23	
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 Oatmeal Cookie Calories 858 Sodium 962 mg	
26		27		28		29		30	
Mongolian Beef White Rice Cabbage Fruit Calories 811 Sodium 652 mg		Pork Fried Rice White Rice Water Spinach Pumpkin Bread Calories 1061 Sodium 830 mg		Caramel Ginger Chicken White Rice Cabbage Pound Cake Calories 940 Sodium 922 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	

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.