

October 2026

Mystic Valley Aging Services

City Fresh Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Braised Beef & Vegetables Rice Pilaf Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 846 Sodium 640	161 49 65 100 130	Swedish Turkey Meatballs Roasted Potatoes Broccoli Whole Grain Cornbread Banana Calories 783 Sodium 919	480 85 38 180 1
5		6		7		8	Autumn Special	9	
Chicken Pot Pie w/ Buttermilk Biscuit Green Beans & Peppers Applesauce Calories 769 Sodium 741	213 370 21 2	Beef Tacos w/ Cheese* Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange Calories 686 Sodium 997	599 67 61 135 0	Roast Turkey & Gravy* Mashed Potatoes Carrots Cornbread Loaf Shortbread Cookie Calories 726 Sodium 1124	580 23 56 180 150	Chicken with Sage Cream Sauce Butternut Squash Ravioli Broccoli Wheat Roll Apple Crisp Calories 898 Sodium 947	408 166 38 150 50	Pork w/ Apple Cranberry Chutney Mashed Sweet Potatoes Vegetable Medley Wheat Roll Mandarin Fruit Cup Calories 798 Sodium 449	85 20 54 150 5
12		13		14		15		16	
Holiday No Meals		Chicken & Vegetable Stir Fry White Rice Stir Fry Vegetables Wheat Roll Chocolate Chip Cookie Calories 764 Sodium 725	307 25 28 150 80	Meatloaf w/ Gravy* Garlic Mashed Potatoes Kale & Peppers Wheat Bread Banana Calories 753 Sodium 799	546 23 29 65 1	Herb Crusted White Fish w/ Lemon Roasted Potatoes Carrots Wheat Bread Mandarin Fruit Cup Tartar Sauce Calories 674 Sodium 676	217 85 56 65 5 113	Beef Stroganoff Egg Noodles Broccoli Whole Grain Cornbread Vanilla Pudding Calories 917 Sodium 691	201 7 38 180 130
19		20		21		22		23	
French Onion Chicken Mashed Potatoes California Blend Vegetables Dinner Roll Chocolate Pudding Calories 715 Sodium 847	420 23 34 100 135	Beefy Mac & Cheese Torteillini * Green Peas Wheat Roll Orange Calories 924 Sodium 941	636 20 150 0	Maple Bacon Glazed Chicken Mashed Butternut Squash Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 792 Sodium 465	162 12 51 100 5	Omelet w/ Cheddar Cheese Potatoes w/ Onions & Peppers Spinach Whole Grain Muffin Banana Ketchup Calories 769 Sodium 918	336 61 110 190 1 85	White Fish Florentine Rice Pilaf Brussel Sprouts Wheat Bread Oatmeal Cookie Calories 702 Sodium 632	267 49 26 65 90
26		27		28		29		30	
Sausage w/ Abruzzi Sauce* Egg Noodles Tuscan Vegetable Blend Cornbread Loaf Peach Cup Calories 798 Sodium 1003	650 7 26 180 5	Herb Roasted Chicken Thigh with Gravy Mashed Potatoes Carrots Wheat Roll Pumpkin Bread Calories 784 Sodium 715	101 23 56 150 250	Shrimp Alfredo* Whole Grain Pasta Broccoli Dinner Roll Pound Cake w/ Blueberries Calories 759 Sodium 1172	655 4 38 100 240	Southwest Beef & Black Bean Chili w/ Shredded Cheese Green Peas Whole Grain Cornbread Bowl Pear Fruit Cup Calories 868 Sodium 777	366 96 20 160 0	Chicken Carbonara w/ Ham* Whole Grain Pasta California Blend Vegetables Dinner Roll Banana Calories 722 Sodium 907	633 4 34 100 1

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. (* indicates item > 500 mg sodium)