

October 2026

Mystic Valley Aging Services

Low Lactose

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
CITY FRESH FOODS						Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583 mg		White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 mg	
5		6		7		8		9	
Chicken Scampi Pasta Green Beans & Red Peppers Fruit Wheat Roll Calories 715 Sodium 505 mg		Tomato Bruschetta Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Calories 746 Sodium 481 mg		Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Calories 745 Sodium 602 mg		Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Calories 552 Sodium 472 mg		Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Calories 680 Sodium 567 mg	
12		13		14		15		16	
Holiday No Meals		Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Wheat Roll Calories 675 Sodium 479 mg		Pot Roast w/ Gravy Rice Pilaf Green Beans Fruit Wheat Roll Calories 653 Sodium 603 mg		Chicken Tacos Quinoa Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Calories 666 Sodium 503 mg		Whole Grain Pasta w/ Turkey Bolognese Carrots Fruit Wheat Bread Calories 630 Sodium 477 mg	
19		20		21		22		23	
Scrambled Eggs Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Calories 516 Sodium 693 mg		Herb Crusted White Fish w/ Lemon Roasted Potatoes Carrots Fruit Wheat Roll Calories 648 Sodium 774 mg		Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Calories 631 Sodium 480 mg		American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Calories 725 Sodium 451 mg		Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Calories 742 Sodium 695 mg	
26		27		28		29		30	
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Calories 640 Sodium 483 mg		Curried Chicken Brown Rice Carrots Fruit Wheat Roll Calories 700 Sodium 559 mg		Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Fruit Wheat Roll Calories 655 Sodium 463 mg		Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Calories 647 Sodium 583 mg		White Bean & Chicken Chili California Blend Vegetables Fruit Wheat Roll Calories 544 Sodium 582 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 Lactaid milk and 30 mg sodium for Margarine.