

October 2026

Mystic Valley Aging Services

City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Tuna Salad w/ Lettuce Wheat Hamburger Bun 3 Bean Salad Tomato Cucumber Salad Vanilla Pudding Calories 754 Sodium 1064	403 0 75 278 73 130	Roast Beef & Cheese Sandwich Wheat Bun Artichoke, Feta & Roasted Pepper Couscous Salad Pea Salad Banana / Mustard Calories 804 Sodium 719	280 75 14 189 55
5		6		7		8		9	
Turkey & Provlone Cheese * Wheat Hamburger Bun Chickpeas, Craisin & Apple Salad Beet Salad Applesauce Calories693 Sodium 1134	670 75 199 83 2	Caesar Pasta Salad* w/ Chicken Beet Salad Dinner Roll Orange Calories 732 Sodium 1110	531 290 83 100 1	Chicken Salad w/ Lettuce Wheat Bun Potato Salad Broccoli Salad Shortbread Cookie Calories 929 Sodium 890	161 0 75 252 147 150	Chef Salad* with Ham, Cheese and Hard Boiled Egg Corn & Red Pepper Salad Wheat Roll Apple Ranch Dressing Calories 675 Sodium 944	556 21 150 2 110	Turkey-Ham & American Cheese* (pork free) Wheat Hamburger Bun Squash & Cranberry Couscous Pickled Cabbage Slaw Mandarin Fruit Cup Calories 680 Sodium 1063	780 75 90 8 5
12		13		14		15		16	
Holiday No Meals		Caprese Chicken Pasta w/ Mozzarella, Tomatoes & Basil Wheat Roll Sweet Potato & Craisin Salad Chocolate Chip Cookie Calories 981 Sodium 855	486 - 150 34 80	Beef Taco Salad w/ Lettuce, Tomatoes, Cheese Black Beans & Corn Tortilla Chip (Bag) Banana Ranch Dressing Calories 790 Sodium 584	185 - 88 95 1 110	Buffalo Chicken & Cheese* Wheat Bun Italian Pasta Salad Shaved Brussel Sprout Salad Mandarin Fruit Cup Calories 680 Sodium 922	525 75 196 16 5	Egg Salad Sandwich w/ Lettuce Whole Grain Croissant Potato Salad Cucumber Dill Salad Vanilla Pudding Calories 933 Sodium 966	287 0 190 252 2 130
19		20		21		22		23	
Turkey & Cheese Sandwich* Wheat Hamburger Bun Squash & Cranberry Couscous Beet Salad Chocolate Pudding Mayo Calories 780 Sodium 1073	530 75 90 83 135 55	Honey Mustard Chicken Salad Wheat Bun Ranch Pasta Salad Broccoli Salad Orange Calories 920 Sodium 767	260 75 179 147 1	Tortellini Pesto Salad w/ chicken, Cherry Tomatoes, Corn & Scallions Carrot Raisin Salad Wheat Dinner Roll Mandarin Fruit Cup Calories 738 Sodium 1136	462 290 124 150 5	Tuna Salad w/ Lettuce Wheat Hamburger Bun 3 Bean Salad Tomato Cucumber Salad Banana Calories 750 Sodium 935	403 0 75 278 73 1	Ham Salad Sandwich* Wheat Bun Chickpea, Craisin & Apple Salad Cole Slaw Oatmeal Cookie Calories 753 Sodium 1100	535 75 199 96 90
26		27	High Sodium Meal	28		29		30	High Sodium Meal
Roast Beef & Cheese Sandwich Wheat Hamburger Bun Sweet Potato & Craisin Salad Pickled Cabbage Peach Fruit Cup Mustard Calories 729 Sodium 562	280 75 34 8 5 55	Turkey & American Cheese * Wheat Hamburger Bun Corn & Red Pepper Salad Cucumber Dill Salad Pumpkin Bread Mayo Calories 895 Sodium 1262	768 75 7 2 250 55	Waldorf Chicken Salad Whole Grain Croissant Artichoke, Feta & Roasted Pepper Couscous Salad Pea Salad Pound Cake Calories 1005 Sodium 1027	161 190 142 189 240	Greek Pasta Salad w/ Chicken, Olives & Feta 3 Bean Salad Wheat Roll Banana Calories 874 Sodium 832	298 - 278 150 1	Ham & American Cheese* Wheat Hamburger Bun Squash & Cranberry Couscous Broccoli Salad Pears Mustard Calories 798 Sodium 1216	744 75 90 147 0 55

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)