November 2026 Mystic Valley Aging Services Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chinese BBQ Pork White Rice Cabbage Fruit Calories 894 Sodium 599 mg	**3** Chicken Teriyaki White Rice Broccoli Fruit Calories 692 Sodium 856 mg	**4** Pork & Vegetable Egg Roll White Rice Bok Choy Fruit Calories 784 Sodium 779 mg	**5** Caramel Ginger Chicken White Rice Cabbage Lemon White Chocolate Cookie Calories 950 Sodium 782 mg	**6** Pork Meatballs w/ Nuoc Cham Rice Noodles Broccoli Oatmeal Cookie Calories 799 Sodium 663 mg
9 Lemongrass Chicken White Rice Bok Choy Chocolate Chip Cookie Calories 775 Sodium 686 mg	**10** Green Curry White Fish White Rice Water Spinach Fruit Calories 728 Sodium 380 mg	**11** Holiday No Meals	**12** Pork Lo Mein Noodles Broccoli Fruit Calories 1010 Sodium 1123 mg	**13** Teriyaki Beef White Rice Cabbage Fruit Calories 918 Sodium 683 mg
16 Teriyaki Salmon White Rice Water Spinach Chocolate Brownie Cookie Calories 810 Sodium 695 mg	**17** Sweet & Sour Chicken White Rice Cabbage Fruit Calories 870 Sodium 673 mg	**18** Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 777 Sodium 672 mg	**19** Roast Turkey & Gravy Mashed Potatoes & Stuffing Green Beans Wheat roll Chocolate Brownie Cookie Calories 703 Sodium 1176 mg	**20** Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Oatmeal Cookie Calories 880 Sodium 872 mg
23 Mongolian Beef White Rice Cabbage Fruit Calories 814 Sodium 742 mg	**24** Pork Fried Rice White Rice Water Spinach Fruit Calories 851 Sodium 580 mg	**25** Lemongrass Beef (Bò xả ớt) White Rice Broccoli Fruit Calories 785 Sodium 687 mg	**26** Holiday No Meals	**27** Chicken Teriyaki Potstickers w/ Soy White Rice Broccoli Fruit Calories 750 Sodium 555 mg
30 Chinese BBQ Pork White Rice Cabbage Pound Cake Calories 965 Sodium 839 mg				CITY FRESH FOODS

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.