November 2026 Mystic Valley Aging Services Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Chicken Scampi Pasta Green Beans & Red Peppers Fruit Cal:590 CHO:64g Na:318mg	Tomato Bruschetta Chicken Orzo Mixed Vegetables Fruit Cal:545 CHO:65g Na:510mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Cal:620 CHO:70g Na:375mg	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Cal:481 CHO:71g Na:508mg	Beef Stew Roasted Potatoes Vegetable Medley Fruit Cal: 570 CHO:58g Na:408mg
9	**10**	**11**	**12**	**13**
Chicken with Cranberry Chutney Mashed Butternut Squash California Blend Vegetables Fruit Cal:535 CHO:63g Na:260mg	Salmon with Pineapple-Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit Cal:586 CHO:60g Na:312mg	Holiday No Meals	Chicken Taco w/ Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Cal:570 CHO:62g Na:512mg	Whole Grain Stuffed Shells w/ Sage Cream Sauce Carrots Fruit Cal:501 CHO:64g Na:530mg
16	**17**	**18**	**19**	**20**
Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Cal:512 CHO:57g Na:591mg	Herb Crusted White Fish w/ Lemon Mashed Potatoes Carrots Fruit Cal:526 CHO:75g Na:420mg	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Cal:521 CHO:51g Na:245mg	Roast Turkey w/ Gravy Mashed Potatoes Green Beans Chocolate Fudge Cookie Cal:525 CHO:62g Na:731mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Cal:532 CHO:61g Na:323mg
23	**24**	**25**	**26**	**27**
Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Cal:686 CHO:64g Na:294mg	Curried Chicken Brown Rice Carrots Fruit Cal:586 CHO:71g Na:385mg	Maple Glazed Pork Roasted Potatoes Mixed Root Vegetables Fruit Cal:570 CHO:68g Na:360mg	Holiday No Meals	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Cal:513 CHO:62g Na:487mg
30				
Chicken Scampi Pasta Green Beans & Red Peppers Fruit Cal:590 CHO:64g Na:318mg				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.