November 2026 Mystic Valley Aging Services Cardiac

Monday		Tuesday		Wednesday		Thursday		Friday	
2		**3**		**4**		**5**		**6**	
Chicken Scampi	172	Tomato Bruschetta Chicken	37	Turkey Meatloaf w/ Gravy	205	Lentil Bolognese	143	Beef Stew	111
Pasta	4	Rice Pilaf	50	Mashed Potatoes	23	Whole Grain Pasta	4	Roasted Potatoes	85
Green Beans & Red Peppers	2	Mixed Vegetables	33	Carrots	39	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Dinner Roll	100	Wheat Roll	150	Dinner Roll	100
Calories 670 Sodium 463		Calories 676 Sodium 405		Calories 746 Sodium 502		Calories 543 Sodium 452		Calories 611 Sodium 468	
9		**10**		**11**		**12**		**13**	
Chicken with Cranberry Chutney	95	Salmon w/ Pineapple-Mango Salsa	60			Chicken Tacos	176	Whole Grain Stuffed Shells	230
Mashed Butternut Squash	12	Roasted Potatoes	85			Quinoa	3	w/ Sage Cream Sauce	60
California Blend Vegetables	17	Kale & Red Peppers	11	Holiday		Black Beans, Corn & Peppers	61	Carrots	39
Fruit	0	Fruit	0	No Meals		Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150			Wheat Tortilla Wrap (1)	135	Dinner Roll	100
Calories 614 Sodium 409		Calories 630 Sodium 441				Calories 674 Sodium 510		Calories 558 Sodium 564	
16		**17**		**18**		**19**		**20**	
Egg Omelet	240	Herb Crusted White Fish w/Lemon	221	Lemon Ricotta Chicken	80	Roast Turkey w/ Gravy	488	Rosemary & Garlic Chicken	112
Polenta	15	Brown Rice	3	Baked Sweet Potato	21	Mashed Potatoes	24	Roasted Potatoes	85
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	10	Green Beans	3	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Wheat Roll	150	Fruit	0
Dinner Roll	100	Wheat Roll	150	Wheat Roll	150	Chocolate Fudge Cookie	80	Wheat Roll	150
Calories 594 Sodium 523		Calories 654 Sodium 548		Calories 601 Sodium 396		Calories 605 Sodium 880		Calories 505 Sodium 502	
23		**24**		**25**		**26**		**27**	
Braised Beef w/ Peppers & Onions	132	Curried Chicken	130	Maple Glazed Pork	70			White Bean & Chicken Chili	165
Quinoa	3	Brown Rice	3	Mashed Potatoes	23			w/ Shredded Cheese	48
Green Peas	20	Carrots	56	Mixed Root Vegetables	65	Holiday		California Blend Vegetables	17
Fruit	0	Fruit	0	Fruit	0	No Meals		Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150			Dinner Roll	100
Calories 766 Sodium 440		Calories 650 Sodium 474		Calories 645 Sodium 443				Calories 515 Sodium 465	
30									
Chicken Scampi	172								
Pasta	4								
Green Beans & Red Peppers	2								
Fruit	0								
Wheat Roll	150								
Calories 670 Sodium 463									

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.