November 2026 Mystic Valley Aging Services City Fresh Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
2		**3**		**4**		**5**		**6**	
Spaghetti & Meatballs	540	Three Bean Chicken Chili	432	White Fish Picatta	387	Pot Roast w/ Brown Gravy*	587	Chicken Noodle Casserole	331
(Beef & Chicken)		w/ Shredded cheese	96	Rice Pilaf	49	Mashed Potatoes	24	Egg Noodles	7
Whole Grain Pasta	4	Kale & Peppers	29	Mashed Butternut Squash	12	Broccoli	38	Green Beans & Red Peppers	21
Vegetable Medley	56	Whole Grain Cornbread Bowl	160	Dinner Roll	100	Wheat Bread	65	Wheat Bread	65
Hawaiian Roll	80	Vanilla Pudding	130	Mandarin Fruit Cup	5	Lemon White Chocolate Cookie	100	Applesauce	2
Orange	0								
Calories 662 Sodium 815		Calories 878 Sodium 982		Calories 758 Sodium 688		Calories 723 Sodium 949		Calories 768 Sodium 561	
9		**10**		**11**		**12**		**13**	
Shepherds Pie	295	Chicken Saltimboca	381			Shrimp in Tomato Cream Sauce	635	Beef w/ Onions & Peppers	132
Mashed Potatoes	-	Roasted Potatoes	85	Holiday		w/ Capers*		White Rice	25
Mixed Vegetables	51	Carrots	56	No Meals		Whole Grain Pasta	4	Brussel Sprouts	26
Whole Grain Biscuit	370	Wheat Bread	65			Broccoli	38	Wheat Roll	150
Peach Fruit Cup	5	Orange	0			Dinner Roll	100	Chocolate Pudding	135
						Pumpkin Bread	250		
Calories 885 Sodium 856		Calories 752 Sodium 722				Calories 769 Sodium 1162		Calories 821 Sodium 603	
16		**17**		**18**		**19** Thanksgiving Special		**20**	
Maple Glazed Pork	85	Rosemary & Garlic Chicken	426	Beef Chili	275	Roast Turkey & Gravy	488	Potato Pollock w/ Lemon Wedge	330
Squash & Craisin Couscous	90	Orzo	4	w/ Shredded Cheese	96	Mashed Potatoes & Stuffing	268	Baked Sweet Potato	21
Kale & Peppers	29	Mashed Butternut Squash	12	Buttermilk Biscuit	370	Green Beans	20	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Brussel Sprouts	26	Wheat Roll	150	Cornbread Loaf	180
Fig Newton	95	Mandarin Fruit Cup	5	Banana	1	Chocolate Brownie Cookie	115	Tropical Fruit Cup w pineapple	10
								Tartar Sauce	113
Calories 865 Sodium 499		Calories 729 Sodium 732		Calories 777 Sodium 903		Calories 703 Sodium 1176		Calories 734 Sodium 823	
23		**24** High Sodium Meal		**25**		**26**		**27**	
Cheesy Chicken & Rice Casserole*	554	Hot Ham & Cheese Sandwich*	744	Creamy Garlic Salmon	297			Whole Grain Cheese Lasagna	390
Seasoned Rice	-	on Whole Grain Croissant	190	Rice Pilaf	49	Holiday		w/ Beef Bolognese & Parmesan	294
Green Peas & Red Peppers	72	Sweet Potato Tots	200	Mixed Root Vegetables	65	No Meals		Broccoli	38
Wheat Roll	150	California Blend Vegetables	34	Hawaiian Roll	80			Wheat Roll	150
Oatmeal Cookie	90	Orange	1	Pear Cup	0			Vanilla Pudding	130
		Mustard	55						
Calories 880 Sodium 1001		Calories 748 Sodium 1359		Calories 762 Sodium 626				Calories 810 Sodium 1137	
30								**30**	
Chicken Cacciatore	431								
Cheese Tortellini	175								
Green Beans & Red Peppers	21								
Wheat Roll	150								
Pound Cake w/ Berries	240								
Calories 773 Sodium 1152									

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)