November 2026 Mystic Valley Aging Services Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Chicken Scampi Pasta Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 790 Sodium 385mg	Tomato Bruschetta Chicken Mashed Potatoes Mixed Vegetables Soft Fruit Nutritional Shake Calories 706 Sodium 3001mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 784 Sodium 474mg	Lentil Bolognese & Parmesan Garnish Whole Grain Pasta Broccoli Soft Fruit Nutritional Shake Calories 683 Sodium 473mg	Beef Stew Mashed Potatoes Vegetable Medley Soft Fruit Nutritional Shake Calories 803 Sodium 415mg
9	**10**	**11**	**12**	**13**
Harvest Chicken w/ Apple Chutney Mashed Butternut Squash California Blend Vegetables Soft Fruit Nutritional Shake Calories 719 Sodium 331mg	Salmon with Pineapple-Mango Salsa Mashed Potatoes Kale & Red Peppers Soft Fruit Nutritional Shake Calories 741 Sodium 319mg	Holiday No Meals	Chicken Tacos Mashed Potatoes Black Beans, Corn & Peppers Soft Fruit Nutritional Shake Calories 743 Sodium 467mg	Whole Grain Cheese Lasagna w/ Pesto Cream Sauce Carrots Soft Fruit Nutritional Shake Calories 706 Sodium 807mg
16	**17**	**18**	**19**	**20**
Egg Omelet Polenta Mixed Vegetables Soft Fruit Nutritional Shake Calories 668 Sodium 495mg	Herb Crusted White Fish w/ Lemon Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 712 Sodium 614mg	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 712 Sodium 317mg	Roast Turkey w/ Gravy Mashed Potatoes Green Beans Chocolate Pudding Nutritional Shake Calories 704 Sodium 873mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Soft Fruit Nutritional Shake Calories 860 Sodium 362mg
23	**24**	**25**	**26**	**27**
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Soft Fruit Nutritional Shake Calories 847 Sodium 383mg	Curried Chicken Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 719 Sodium 399mg	Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Soft Fruit Nutritional Shake Calories 735 Sodium 365mg	Holiday No Meals	White Bean & Chicken Chili w/ Cheese Mashed Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 771 Sodium 460mg
30				
Chicken Scampi Pasta Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 790 Sodium 385mg				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. Items prepared to texture ordered.