November 2026 Mystic Valley Aging Services City Fresh Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
2		**3**		**4**		**5**		**6**	
Turkey & Provolone Cheese *	670	Chicken Salad	161	Caesar Pasta Salad*	531	Chef Salad*	556	Tuna Salad Sandwich	403
Wheat Hamburger Bun	75	Wheat Bun	75	w/ Chicken	290	w/ Ham, Cheese & Hard Boiled Egg		w/ Lettuce	0
Chickpeas, Craisin & Apple Salad	199	Potato Salad	252	Cole Slaw	96	Corn & Red Pepper Salad	7	Whole Grain Croissant	190
Beet Salad	83	Broccoli Salad	147	Wheat Roll	150	Wheat Roll	150	Squash & Cranberry Couscous	90
Orange	1	Vanilla Pudding	130	Mandarin Fruit Cup	5	Lemon White Chocolate Cookie	100	Shaved Brussel Sprout Salad	16
						Ranch Dressing	110	Applesauce	2
Calories 712 Sodium 1133		Calories 898 Sodium 870		Calories 725 Sodium 1177		Calories 743 Sodium 1028		Calories 899 Sodium 806	
9		**10**		**11**		**12**		**13**	
Caprese Chicken Pasta	486	Beef Taco Salad	185			Buffalo Chicken & Cheese *	525	Egg Salad Sandwich	287
w/ Mozzarella, Tomatoes & Basil	-	w/ Lettuce, Tomatoes, Cheese	-	Holiday		Wheat Bun	75	w/ Lettuce	0
Wheat Roll	150	Black Beans, Corn & Peppers	62	No Meals		Italian Pasta Salad	196	Whole Grain Croissant	190
Sweet Potato & Craisin Salad	34	Tortilla Chips	95			Shaved Brussel Sprout Salad	16	Potato Salad	252
Pear Fruit Cup	0	Orange	1			Pumpkin Bread	250	Broccoli Salad	147
		Ranch Dressing	110					Chocolate Pudding	135
Calories 935 Sodium 775		Calories 720 Sodium 1558				Calories 871 Sodium 1167		Calories 1028 Sodium 1116	
16		**17**		**18**		**19**		**20** High Sodium Meal	
Chicken Salad Sandwich	260	Turkey & American Cheese *	770	Tortelinni Pesto Salad w/ chicken,	462	Tuna Salad	403	Ham and American Cheese*	744
Wheat Bun	75	Wheat Hamburger Bun	75	Tomatoes, Corn & Scallions	290	w/ Lettuce	0	Wheat Bun	75
Ranch Pasta Salad	179	Squash & Cranberry Couscous	90	Broccoli Salad	147	Wheat Hamburger Bun	75	Chickpea, Craisin & Apple Salad	199
Carrot Raisin Salad	124	Beet Salad	83	Wheat Dinner Roll	150	3 Bean Salad	278	Cucumber-Tomato Salad	73
Vanilla Pudding	135	Mandarin Fruit Cup	5	Banana	1	Pickled Cabbage Slaw	8	Tropical Fruit Cup	10
		Mayo	55			Chocolate Brownie Cookie	115		
Calories 896 Sodium 878		Calories 726 Sodium 1183		Calories 859 Sodium 1155		Calories 843 Sodium 984		Calories 700 Sodium 1206	
23		**24**		**25**		**26**		**27**	
Roast Beef & Cheese Sandwich	280	Waldorf Chicken Salad	161	Egg Salad Sandwich	287			Greek Pasta Salad	298
Wheat Hamburger Bun	75	Whole Grain Croissant	190	Wheat Hamburger Bun	75	Holiday		w/ Chicken, Olives & Feta	-
Sweet Potato & Craisin Salad	34	Potato Salad	252	Italian Pasta Salad	196	No Meals		Chickpea & Red Pepper Salad	182
Pea Salad	189	Broccoli Salad	147	Cucumber Dill Salad	2			Wheat Roll	150
Oatmeal Cookie	90	Orange	1	Pear Cup	0			Vanilla Pudding	130
Mustard	55								
Calories 883 Sodium 828		Calories 908 Sodium 856		Calories 882 Sodium 665				Calories 897 Sodium 865	
30									
Turkey & Swiss Cheese	440								
Wheat Hamburger Bun	75								
Pea Salad	89								
Carrot Raisin Salad	124								
Pound Cake	240								
Calories 858 Sodium 1073									

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)