

Mystic Valley Elder Services
September 2024

Trio - Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	Chicken Stew, Butternut Squash, Brussels Sprouts, Mixed Fruit, Milk, Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Milk, Margarine	Quinoa White Bean Casserole, Carrots, Peaches, Milk, Margarine	Pot Roast Burgundy, White rice, Spinach, Tropical Fruit, Milk, Margarine
9	10	11	12	13
Vegetarian Lentil Stew, Zucchini, Mixed Fruit, Milk, Margarine	Chicken Meatballs, Brown Gravy over Margarine Ziti. Green Beans, Diet Gelatin/Topping, Milk, Margarine	Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, Tropical fruit, Milk, Margarine	Pollock Mediterranean Sauce, Quinoa pilaf, Roman Blend, Applesauce, Milk, Margarine	Chicken Souvlaki over Orzo, Buttered seasoned, Scandinavian Blend Veg, Pears, Milk, Margarine
16	17	18	19	20
Unstuffed Pepper casserole, Fall/Winter Blend Veg, Peaches, Milk, Margarine	Chicken Fajitas, White Rice, Fiesta Blend Veg, Pears, Milk, Margarine	Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Unsweetened applesauce, Milk, Margarine	Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetable, Peas, Diet Vanilla Pudding/Topping, Milk, Margarine	Mixed Bean & Vegetable Stew, Cauliflower, Tropical Fruit, Milk, Margarine
23	24	25	26	27
Turkey with Gravy, Roasted Root Vegetable, Brown Rice, Mixed Fruit, Milk, Margarine	Pot Roast Burgundy, Buttered Noodles, Spinach, Mandarin oranges, Milk, Margarine	Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Diet Gelatin w/Topping, Milk, Margarine	Chicken Meatballs, Bruschetta Sauce over Ziti, Brussel Sprouts, Fresh Fruit, Milk, Margarine	Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend, Peaches, Milk, Margarine
30				
Tuna Noodle Casserole, Zucchini & Cauliflower, Diet Gelatin/Topping, Milk, Margarine		Each meal contains milk. Sodium and calories already included in daily totals	<p>Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM:</p> <p>781-388-2303</p>	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org</p> 