

Mystic Valley Elder Services September 2024

Trio- Chilled Regular

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	<p>Chicken Meatballs, Tomato Sauce, Rotini, Tuscany Vegetables, Wheat, Bread, Pears</p> <p style="text-align: center;">Calories: 666 / Sodium: 747</p>	<p>Black Bean & Barley Chili, Brussels Sprouts, Wheat Bread, Applesauce</p> <p style="text-align: center;">Calories: 783 / Sodium: 1136</p>	<p>Broccoli & Cheese Stuffed Chicken, Mac n Cheese, Fresh Zucchini, Dinner Roll, Cupcake</p> <p style="text-align: center;">Calories: 972 / Sodium: 1140</p>	<p>Italian Garden Veg Soup, Baked Fish Marsala, Garlic Mashed Potatoes, Broccoli & Cauliflower, Multigrain Bread, Fresh Fruit</p> <p style="text-align: center;">Calories: 773 / Sodium: 989</p>
9	10	11	12	13
<p>Chicken Souvlaki, Buttered Orzo, Spinach, Wheat bread, Applesauce</p> <p style="text-align: center;">Calories: 761 / Sodium: 853</p>	<p>Lentil Spinach Soup, Pollock loin, Lemon Dill Sauce, Herbed white rice, Broccoli & Cauliflower, Multigrain bread, Tapioca Pudding w/Topping</p> <p style="text-align: center;">Calories: 772 / Sodium: 1017</p>	<p>Pot Roast Beef Burgundy, Sour Cream & Chive Mashed Potatoes, Green Beans, Dinner Roll, Mixed Fruit</p> <p style="text-align: center;">Calories: 736 / Sodium: 519</p>	<p>Chicken & Rice Bake, Carrots, Wheat Bread, Fresh Fruit</p> <p style="text-align: center;">Calories: 520 / Sodium: 603</p>	<p>Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Multigrain Bread, Brownie</p> <p style="text-align: center;">Calories: 981 / Sodium: 1194</p>
16	17	18	19	20
<p>American Chop Suey, Tuscany Blend Veggies, Wheat dinner roll, Peaches</p> <p style="text-align: center;">Calories: 943 / Sodium: 839</p>	<p>Spinach & Red Pepper Frittata, Home Fries, Brussels Sprouts, Wheat Bread, Chocolate Pudding/Topping</p> <p style="text-align: center;">Calories: 739 / Sodium: 661</p>	<p>Chicken with Sauté Veg, Jasmine Coconut Rice, Spinach, Wheat Bread, Fresh Fruit</p> <p style="text-align: center;">Calories: 717 / Sodium: 734</p>	<p>Cream of Tomato Soup, Pot Roast w/gravy, Mashed potatoes, Peas & Carrots, Multigrain Bread, Chocolate Chip Cookie</p> <p style="text-align: center;">Calories: 878 / Sodium: 948</p>	<p>Potato Crunch Pollock, Lemon Wedge, Quinoa Pilaf, Scandinavian Vegetables, Wheat Bread, Mandarin oranges</p> <p style="text-align: center;">Calories: 740 / Sodium: 706</p>
23	24	25	26	27
<p>Chicken Scallopini, Buttered Noodles, Green Beans, Wheat Bread, Chocolate Pudding/topping</p> <p style="text-align: center;">Calories: 817 / Sodium: 766</p>	<p>Vegetable soup w/chicken, Stuffed Pepper Casserole (ground beef), Spinach, Wheat bread, Pears</p> <p style="text-align: center;">Calories: 803 / Sodium: 661</p>	<p>Macaroni & Cheese, Broccoli & Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie</p> <p style="text-align: center;">Calories: 763 / Sodium: 1111</p>	<p>Quinoa White Bean Casserole, Brussels Sprouts, Multigrain bread, Applesauce</p> <p style="text-align: center;">Calories: 741 / Sodium: 960</p>	<p>Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Dinner roll, Fresh Fruit</p> <p style="text-align: center;">Calories: 628 / Sodium: 1015</p>
30				
<p>Mixed Bean & Veg stew, (Northern Beans), Cauliflower florets, Multigrain Bread, Pears</p> <p style="text-align: center;">Calories: 607 / Sodium: 735</p>		<p>Each meal contains milk. Sodium and calories already included in daily totals</p>	<p style="color: red;">Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM:</p> <p style="text-align: center; color: red;">781-388-2303</p>	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org</p> <div style="text-align: right;">  </div>