

Mystic Valley Elder Services September 2024

Trio-Ground

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	Ground Chicken Stew, Whipped Butternut Squash, Ground Brussels Sprouts, Sysco Shake, Ground Mixed Fruit, Milk, Margarine	Ground Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Sysco Shake, Milk, Margarine Pats	Ground Quinoa White Bean Casserole, Ground Carrots, Sysco Shake, Ground Peaches, Milk, Margarine	Ground Shepherd's Pie, Diced Spinach, Sysco Shake, Ground Pears, Milk, Margarine
9	10	11	12	13
Vegetarian Lentil Stew, Whipped Sweet Potatoes, Ground Zucchini, Sysco Shake, Ground Mixed Fruit, Milk, Margarine	Ground Ziti, Tomato Sauce, Chicken Meatballs, ground Green Beans, Gelatin/Topping, Sysco Shake, Milk, Margarine	Ground up Pot Roast w/ Brown gravy, Mashed Potatoes, ground Carrots, Chocolate pudding w/Topping, Sysco Shake, Milk, Margarine	Ground Pollock, Mediterranean Sauce, quinoa pilaf, Roman Blend, Sysco Shake, Applesauce, Milk, Margarine	Ground Chicken Souvlaki, Buttered Seasoned Orzo, Ground Broccoli, Sysco Shake, Ground Pears, Milk, Margarine
16	17	18	19	20
Unstuffed Pepper casserole, Winter blend veg, Sysco Shake, Ground, Peaches, Milk, Margarine	Chicken Fajitas, Ground Rice and Beans, Ground Fiesta Blend Veg, Ground Pears, Sysco Shake, Milk, Margarine	Ground Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Ground Spinach, Sysco Shake, Applesauce, Milk, Margarine	Ground Beef Meatloaf w/ Brown gravy, Ground Roasted Root Vegetable, Mashed potatoes, Sysco Shake, Vanilla Pudding/Topping, Margarine	Ground Mixed Bean & Vegetable Stew, Ground Cauliflower, Sysco Shake, Ground Tropical Fruit, Milk, Margarine
23	24	25	26	27
Ground Turkey with Gravy, Ground Roasted Root Vegetable, Mashed Potatoes, Sysco Shake, Ground Mixed Fruit, Milk, Margarine	Ground Pot Roast Burgundy, Garlic Mashed Potatoes, Ground Spinach, Sysco Shake, Ground Mandarin, Oranges, Milk, Margarine	Ground Greek Chicken- (low lactose), Ground Seasoned Orzo, Ground Italian Blend Veg, Sysco Shake, Gelatin w/Topping, Milk, Margarine	Ground Pasta, Lasagna, Cheese, Tomato Sauce, Ground Brussels Sprouts, Sysco Shake, Chocolate pudding/topping, Milk, Margarine	Ground Cod w/ Lemon Dill Sauce, Ground Roasted Potatoes, Ground Tuscany Blend, Sysco Shake, Ground Peaches, Milk, Margarine
30				
Ground Tuna Noodle Casserole, Ground Zucchini & Cauliflower, Sysco Shake, Vanilla Pudding w/ 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> 