



Mystic Valley Elder Services September 2024

Trio - Supper Cold

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	Ham, Swiss cheese, Mustard, Carrot Raisin Salad, Orzo Veg. Salad, Wheat Bread, Orange Calories: 871 / Sodium: 1017	Tuna Salad, Lettuce Leaf, Potato Salad, Spinach w/ Mandarin, Orange Salad, Wheat Bread, Lorna Doones Calories: 766 / Sodium: 891	Chicken salad, Quinoa Tabbouleh, Beet Salad, Wheat Bread, Applesauce Calories: 701 / Sodium: 700	Turkey, Swiss Cheese, Lite Mayo, Italian Pasta Salad, Broccoli Slaw, Wheat Bread, Tropical Fruit Calories: 870 / Sodium: 1020
9	10	11	12	13
Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears Calories: 819 / Sodium: 663	Chicken Salad, Lettuce leaf, Italian Pasta Salad, Mediterranean Salad, Multigrain Bread, Fresh Fruit Calories: 854 / Sodium: 857	Tuna Salad, Lettuce Leaf, Potato Salad, Squash, Zucchini, Red, Onion Salad, Wheat Bread, Diet Vanilla Pudding/Topping Calories: 724 / Sodium: 857	Turkey, Swiss Cheese, Lite Mayo, Lettuce Leaf, Broccoli Feta Orzo, Chickpea Cucumber Tomato, Wheat Bread, Lorna Doones Calories: 812 / Sodium: 1102	Roast Beef, Provolone Cheese, Lite Mayo, Lettuce Leaf, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Peaches Calories: 728 / Sodium: 1028
16	17	18	19	20
Egg Salad, Riviera Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding/Topping Calories: 821 / Sodium: 808	Tuna Salad, Lettuce Leaf, Summer Squash Salad, Ziti Broccoli Salad, Multigrain Bread, Lorna Doones Calories: 752 / Sodium: 856	Roast Beef, Provolone Cheese, Lite Mayo, Lettuce Leaf, Garden Shell Pasta salad, Root Veg Salad, Wheat Bread, Mixed Fruit Calories: 933 / Sodium: 948	Turkey, Swiss Cheese, Lettuce Leaf, Lite Mayo, Potato Salad, Squash, Zucchini, Red onion Salad, Multigrain Bread, Fresh Fruit Calories: 790 / Sodium: 1006	Chicken Salad, Lettuce Leaf, Barley Raisin Salad, Beet Salad, Wheat Bread, Peaches Calories: 740 / Sodium: 706
23	24	25	26	27
Turkey, Swiss cheese, Lite Mayo, Riviera Salad, Italian Pasta Salad, Wheat Bread, Peaches Calories: 873 / Sodium: 1017	Chicken Salad, Lettuce Leaf, Orzo Veg Salad, Cole Slaw, Multigrain bread, Lorna Doones Calories: 778 / Sodium: 705	Egg Salad, Lettuce Leaf, 3 Bean Salad, Spinach & Mandarin, Orange Salad, Wheat Bread, Diet Chocolate Pudding/Topping Calories: 609 / Sodium: 756	Roast Beef, Provolone cheese, Lite Mayo, Lettuce Leaf, Broccoli slaw, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit Calories: 888 / Sodium: 1128	Tuna Salad, Lettuce Leaf, Potato Salad, Summer Squash Salad, Wheat Bread, Orange (Vit. C) Calories: 749 / Sodium: 688
30				
California Chicken Salad, Potato Salad, Beet Salad, Wheat Bread, Fresh Fruit Calories: 739 / Sodium: 664		Each meal contains milk. Sodium and calories already included in daily totals	Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303	*Menu Subject to Change Without Notice. Also available at MVES.Org 