


## Mystic Valley Elder Services October 2024

# Trio- Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b>*Menu Subject to Change Without Notice.</b></p> <p>Each meal contains milk. Sodium and calories already included in daily totals</p> <p style="text-align: center;">Also available at MVES.Org</p>	<p>Chicken Stew, Butternut Squash, Brussels Sprouts, Wheat bread, Lorna Doones, Lactaid Milk, Promise Margarine</p>	<p>Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain bread, Lactaid Milk, Margarine Pats</p>	<p>Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches, Lactaid Milk, Apple juice, Promise Margarine</p>	<p>Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner roll, Tropical fruit, Lactaid Milk, Promise Margarine</p>
7	8	9	10	11
<p>Vegetarian Lentil Stew, White Rice, Zucchini, Low Salt Wheat Bread, Mixed Fruit, Lactaid Milk, Promise Marg.</p>	<p>Ziti, Tomato Sauce, Chicken Meatballs, Green Beans, Wheat bread, Gelatin, Lactaid Milk, Margarine</p>	<p>Beef Pot Roast w/ Gravy, Buttered Noodles, Carrots, Tropical fruit, Wheat Bread, Lactaid Milk, Promise marg.</p>	<p>Pollock w/ Scarpariello Sauce (non dairy), Quinoa pilaf, Roman Blend, Multigrain Bread, Applesauce, Lactaid Milk, Promise Margarine</p>	<p>Chicken Souvlaki- over Orzo, Buttered seasoned-Scandinavian Blend Veg, Pears, Lactaid Milk, Promise Marg</p>
14	15	16	17	18
<p><b>Holiday - No Meals</b></p>	<p>Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Wheat bread. Pears, Lactaid Milk, Promise Margarine</p>	<p>Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain bread, Applesauce, Lactaid Milk, Promise margarine</p>	<p>Beef Meatloaf w/ Brown gravy, Roasted Root Vegetables, Peas, Wheat roll, Lorna Doone Cookies, Lactaid Milk / Promise Margarine</p>	<p>Mixed Bean &amp; Vegetable Stew, Cauliflower, Wheat bread, Tropical Fruit, Lactaid Milk, Promise margarine</p>
21	22	23	24	25
<p>Turkey w/ Gravy, Roasted Root Vegetable, Brown Rice, Wheat Bread, Mixed Fruit, Lactaid Milk, Promise Margarine</p>	<p>Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Wheat bread, Mandarin Oranges, Lactaid Milk, Margarine</p>	<p>Greek Chicken (low lactose), over Seasoned Orzo, Italian Blend Veg, Wheat Bread, Diet Gelatin, Lactaid Milk, Promise Margarine</p>	<p>Chicken Meatballs, Bruschetta Sauce, Ziti, Brussels Sprouts, Wheat Bread, Fresh Fruit, Lactaid Milk, Promise Margarine</p>	<p>Cod w Lemon Pepper Sauce, Roasted Potatoes, Tuscany Blend, Multigrain bread, Peaches, Lactaid Milk, Promise Marg, Apple Juice</p>
28	29	30	31	31
<p>Cod w/ Newburg Sauce over herbed white rice, Zucchini &amp; Cauliflower, Wheat Bread, Gelatin, Lactaid Milk, Promise Margarine</p>	<p>Chicken Stew, Butternut Squash, Brussels Sprouts, Wheat bread, Lorna Doones, Lactaid Milk, Promise Margarine</p>	<p>Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain bread, Lactaid Milk, Margarine Pats</p>	<p>Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches, Lactaid Milk, Apple juice, Promise Margarine</p>	<p style="color: red; text-align: center;"><b>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</b></p> <div style="text-align: right;">  </div>