

Mystic Valley Elder Services

November 2024

Trio - Chopped Soft/ *Ground*

Monday	Tuesday	Wednesday	Thursday	Friday
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<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 style="text-align: center; color: red;">781-388-2303</p>	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org Each meal contains milk. Sodium and calories already included in daily totals</p>	<p>Items prepared to texture ordered</p>		<p>Shepherd's Pie, Spinach, Shake, Pears, Milk, Margarine</p>
4	5	6	7	8
<p>Vegetarian Lentil, Whipped Sweet Potatoes, Zucchini, Shake, Mixed Fruit, Milk, Promise Margarine</p>	<p>Ziti, Tomato Sauce, Chicken Meatballs, Green Beans, Shake, Gelatin/Topping, Milk, Margarine</p>	<p>Beef Pot Roast w/ Gravy, Mashed Potatoes, Carrots, Shake, Chocolate Pudding, Milk, Margarine</p>	<p>Pollock with Mediterranean sauce, Quinoa pilaf, Roman Blend Veggies, Chake, Applesauce, Milk, Margarine</p>	<p>Chicken Souvlaki- over Orzo, buttered seasoned- Broccoli, Shake, Pears, Milk, Margarine</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Chake, Pears, Milk, Margarine</p>	<p>Alaskan Breaded Pollock, Whipped Butternut Squash, Spinach, Shake, Applesauce, Milk, Margarine</p>	<p>Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetable, Roasted Root Vegetables, Shake, Vanilla Pudding/Topping, Milk, Margarine</p>	<p>Mixed Bean & Vegetable Stew, Cauliflower, Shake, Tropical Fruit, Milk, Margarine</p>
18	19	20	21	22
<p>Turkey with Gravy, Roasted Root Vegetables, Mashe Potatoes, Shake, Mixed Fruit, Milk, Margarine</p>	<p>Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Shake, Mandarin Oranges, Milk, Margarine</p>	<p>Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Shake, Gelatin w/Topping, Milk, Margarine</p>	<p>Pasta, Lasagna, Cheese, Tomato Sauce, Brussels Sprouts, Shake, Chocolate Pudding, Milk, Margarine</p>	<p>Cod w/ Lemon Dill Sauce, Italian Roasted White Potatoes, Tuscany Blend, Shake, Peaches, Milk, Margarine</p>
25	26	27	28	29
<p>Tuna Noodle Casserole, Zucchini & Cauliflower, Shake, Vanilla Pudding/topping, Milk, Margarine</p>	<p>Chicken Stew, Butternut Squash, Brussels Sprouts, Shake, Mixed Fruit, Milk, Margarine</p>	<p>Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Shake, Milk, Margarine</p>	<p>Holiday - No Meals</p>	<p>Shepherd's Pie, Spinach, Shake, Pears, Milk, Margarine</p>