

January 2025

Mystic Valley Elder Services

Chopped/ Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.</p>	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p> 	<p>New Years Day Holiday – No Meals</p>	<p>Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit Nutritional Shake Calories 655 Sodium 597</p>	<p>Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 832 Sodium 746</p>
6	7	8	9	10
<p>Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Calories 677 Sodium 396</p>	<p>Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Calories 747 Sodium 455</p>	<p>Pork with Mushroom Cream Sauce Mashed Potatoes Green Beans Fruit Nutritional Shake Calories 778 Sodium 726</p>	<p>Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 826 Sodium 584</p>	<p>Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit Nutritional Shake Calories 771 Sodium 631</p>
13	14	15	16	17
<p>Egg Omelet w/ cheddar cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 667 Sodium 652</p>	<p>White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots & Fruit Nutritional Shake Calories 740 Sodium 755</p>	<p>Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake Calories 793 Sodium 586</p>	<p>American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 752 Sodium 531</p>	<p>Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Calories 900 Sodium 542</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Calories 747 Sodium 554</p>	<p>Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 807 Sodium 529</p>	<p>Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 719 Sodium 533</p>	<p>White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 713 Sodium 689</p>
27	28	29	30	31
<p>Shrimp Scampi Whole Grain Pasta Green Peas Fruit Nutritional Shake Calories 765 Sodium 730</p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 817 Sodium 543</p>	<p>Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 672 Sodium 819</p>	<p>Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit Nutritional Shake Calories 655 Sodium 597</p>	<p>Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 832 Sodium 746</p>