

January 2025

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)</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>Chicken Meatballs w/Teriyaki (525) Lo Mein Noodles (58) Stir Fry Vegetables (6) Wheat Bread (90) Gelatin w/topping (33) Calories 723 Sodium 867</p>	<p>Beef Burgundy (177) Mashed Potatoes (68) Root Vegetables (34) Whole Wheat Roll (180) Dried cranberries (2) Calories 798 Sodium 616</p>
6	7	8	9	10
<p>Chicken Marsala (399) Italian Roasted Red Bliss Potatoes (16) Spinach (145) Wheat Bread (90) Tropical Fruit (0) Calories 692 Sodium 804</p>	<p>Potato Pollock w/ lemon wedge (337) Quinoa Pilaf (56) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 814 Sodium 787</p>	<p>Chicken Meatballs w/ Tomato Basil Wine Sauce and Penne Pasta (301) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (0) Calories 688 Sodium 656</p>	<p>Broccoli egg bake (475) Home Fries (30) Pepper, mushroom, onions (79) Rye Bread (150) Applesauce (14) Calories 647 Sodium 903</p>	<p>Beef Pot Roast w/Gravy (131) Mashed Potatoes (68) Carrots (77) Dinner Roll (132) Gelatin w topping (33) Calories 708 Sodium 597</p>
13	14	15	16	17
<p>Mixed Bean & Veg Stew (426) Chicken Meatballs (140) Brussels Sprouts (17) Wheat bread (90) Applesauce (14) Calories 703 Sodium 842</p>	<p>Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (0) Calories 673 Sodium 573</p>	<p>Chicken Meatballs w/ Beef Gravy over Ziti Pasta (266) Riveria Blend (8) Multi grain bread (150) Peaches (8) Calories 643 Sodium 588</p>	<p>American Chop Suey (449) Broccoli (12) Wheat bread (90) Gelatin w topping (33) Calories 932 Sodium 739</p>	<p>Chicken Rice Bake (369) Zucchini & Cauliflower (6) Whole wheat roll (180) Mixed Fruit (3) Calories 571 Sodium 713</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Beef Chili (404) Brown Rice (5) Zucchini & Cauliflower (6) Dinner Roll (132) Pears (5) Calories 593 Sodium 708</p>	<p>Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Lorna Doone (100) Calories 760 Sodium 734</p>	<p>Roasted Turkey w/Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat Bread (90) Gelatin w/topping (33) Calories 650 Sodium 995</p>	<p>Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) & Applesauce (14) Calories 596 Sodium 782</p>
27	28	29	30	31
<p>Cheese Omelet (210) Sausage Patty (217) O'Brien Potatoes (39) Pepper, mushroom onion (79) Wheat Bread (90) Fresh Fruit (0) Calories 596 Sodium 792</p>	<p>Lasagna w/ Cheese (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 594 Sodium 900</p>	<p>Pork with Apples (439) Roasted Sweet Potatoes (53) Green Beans (3) Dinner Roll (132) Pears (5) Calories 814 Sodium 787</p>	<p>Chicken w/Sauté Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Gelatin (33) Calories 632 Sodium 682</p>	<p>Meatloaf w/gravy (168) Buttered Noodles (35) Peas & Carrots (82) Wheat Bread (90) Chocolate Chip Cookie (60) Calories 831 Sodium 589</p>