

January 2025

Mystic Valley Elder Services

Trio HDM Chilled

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>Teriyaki Chicken Meatballs (525) Lo Mein Noodles (58) Stir Fry Vegetables (6) Wheat Bread (90) Rice pudding w/topping (172)</p> <p>Calories 860 Sodium 1007</p>	<p>Cream of Tomato Soup (245) Beef Burgundy (177) Mashed Potatoes (68) Root Vegetables (34) Whole Wheat Roll (180) Dried cranberries (2)</p> <p>Calories 904 Sodium 860</p>
6	7	8	9	10
<p>Chicken Marsala (399) Italian Roasted Red Bliss Potatoes (16) Spinach (145) Wheat Bread (90) Tropical Fruit (0)</p> <p>Calories 692 Sodium 804</p>	<p>Potato Pollock, lemon wedge (337) Quinoa Pilaf (56) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raisin Cookie (75)</p> <p>Calories 814 Sodium 787</p>	<p>Chicken Meatballs w/ Tomato Basil Wine Sauce Penne Pasta (301) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (0)</p> <p>Calories 688 Sodium 656</p>	<p>Orzo w/Chicken Soup (56) Broccoli Egg Bake (475) Home Fries (30) Stewed Tomatoes (521) Rye Bread (150) Applesauce (14)</p> <p>Calories 786 Sodium 1130</p>	<p>Beef Pot Roast w/Gravy (131) Mashed Potatoes (68) Carrots (77) Dinner Roll (132) Chocolate Pudding w/Topping (195)</p> <p>Calories 883 Sodium 759</p>
13	14	15	16	17
<p>Mixed Bean & Veg Stew (426) Chicken Meatballs (140) Brussels Sprouts (17) Wheat Dinner Roll (180) Brownie (132)</p> <p>Calories 760 Sodium 1051</p>	<p>Italian Garden Veg Soup (142) Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (0)</p> <p>Calories 759 Sodium 715</p>	<p>Macaroni & Cheese (777) Riviera Blend (8) Multigrain Bread (150) Peaches (8)</p> <p>Calories 731 Sodium 1098</p>	<p>American Chop Suey (449) Broccoli (12) Oat Bread (115) Vanilla Pudding w/Topping (174)</p> <p>Calories 1147 Sodium 906</p>	<p>Chicken Rice Bake (369) Spinach (145) Garlic Knot (240) Mixed Fruit (3)</p> <p>Calories 621 Sodium 912</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)</p> <p>Calories 593 Sodium 708</p>	<p>Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Cupcake (170)</p> <p>Calories 829 Sodium 804</p>	<p><u>Winter Special Meal</u></p> <p>Cr Butternut Sq Soup (103) Roasted Turkey w/Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Whole Wheat Roll (180) Apple Cranberry Crisp (103)</p> <p>Calories 944 Sodium 1259 (high sodium)</p>	<p>Pollock "catch of the day" w/ Newburg Sauce (404) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14)</p> <p>Calories 596 Sodium 782</p>
27	28	29	30	31
<p>Cheese Omelet (210) Sausage Patty (217) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (90) Fresh Fruit (0)</p> <p>Calories 627 Sodium 963</p>	<p>Lentil Spinach Soup (139) Lasagna Roll w/Sauce (557) Chicken meatball (70) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8)</p> <p>Calories 719 Sodium 1109</p>	<p>Pork with Apples (439) Roasted Sweet Potatoes (28) Green Beans (3) Dinner Roll (132) Pears (5)</p> <p>Calories 797 Sodium 761</p>	<p>Chicken w/Sauté Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Chocolate Pudding w/Topping (195)</p> <p>Calories 807 Sodium 844</p>	<p>Meatloaf w/gravy (168) Cheddar Mashed Potatoes (94) Peas & Carrots (82) Wheat Dinner Roll (180) Chocolate Chip Cookie (60)</p> <p>Calories 567 Sodium 729</p>