

January 2025

Mystic Valley Elder Services

Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine.</p> <p>Items altered and prepared to texture ordered.</p>	<p><b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b></p> 	<p>New Years Day Holiday – No meals</p>	<p>Chicken Meatballs w/Teriyaki Sauce Lo Mein Noodles Stir Fry Vegetables Gelatin w/topping Sysco Shake</p> <p><b>Calories 863 Sodium 902</b></p>	<p>Beef Burgundy Mashed Potatoes Root Vegetables Applesauce Sysco Shake</p> <p><b>Calories 893 Sodium 573</b></p>
6	7	8	9	10
<p>Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Mixed Fruit Sysco Shake</p> <p><b>Calories 820 Sodium 842</b></p>	<p>Potato Pollock, lemon wedge Buttered Noodles Broccoli &amp; Cauliflower Gelatin w/Topping Sysco Shake</p> <p><b>Calories 920 Sodium 698</b></p>	<p>Chicken Meatballs w/ Tomato Basil Wine Sauce OVER Penne Pasta Italian Vegetable Blend Pears Sysco Shake</p> <p><b>Calories 814 Sodium 605</b></p>	<p>Broccoli Egg Bake Home Fries Stewed Tomatoes Applesauce Sysco Shake</p> <p><b>Calories 962 Sodium 1089</b></p>	<p>Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake</p> <p><b>Calories 1025 Sodium 751</b></p>
13	14	15	16	17
<p>Mixed Bean &amp; Veg Stew Chicken Meatballs Brussels Sprouts Applesauce Sysco Shake</p> <p><b>Calories 843 Sodium 877</b></p>	<p>Chicken Scallopini OVER Buttered Noodles Green Beans Pears Sysco Shake</p> <p><b>Calories 792 Sodium 611</b></p>	<p>Macaroni &amp; Cheese Riviera Blend Peaches Sysco Shake</p> <p><b>Calories 819 Sodium 1073</b></p>	<p>American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake</p> <p><b>Calories 1247 Sodium 916</b></p>	<p>Chicken Rice Bake Spinach Mixed Fruit Sysco Shake</p> <p><b>Calories 731 Sodium 797</b></p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday- No Meals</p>	<p>Beef Chili OVER Mashed Potatoes Zucchini &amp; Cauliflower Pears Sysco Shake</p> <p><b>Calories 838 Sodium 763</b></p>	<p>Chicken Diane OVER Seasoned orzo California Blend Peaches Sysco Shake</p> <p><b>Calories 771 Sodium 652</b></p>	<p>Roast Turkey with Gravy Mashed Potatoes Root Vegetables Gelatin w/Topping Sysco Shake</p> <p><b>Calories 790 Sodium 1030</b></p>	<p>Pollock "catch of the day" Newburg Butternut Squash Roman Blend Applesauce Sysco Shake</p> <p><b>Calories 640 Sodium 763</b></p>
27	28	29	30	31
<p>Cheese Omelet w/ Sausage Patty O'Brien Potatoes Stewed Tomatoes Applesauce Sysco Shake</p> <p><b>Calories 737 Sodium 1011</b></p>	<p>Lasagna Roll w/Sauce Chicken meatball Tuscany Blend Peaches Sysco Shake</p> <p><b>Calories 763 Sodium 961</b></p>	<p>Pork with Apples Roasted Sweet Potatoes Green Beans Pears Sysco Shake</p> <p><b>Calories 939 Sodium 754</b></p>	<p>Chicken w/Saute Vegetables OVER Orzo Chocolate Pudding w/Topping Sysco Shake</p> <p><b>Calories 925 Sodium 843</b></p>	<p>Meatloaf w/gravy Cheddar Mashed Potatoes Peas &amp; Carrots Mixed Fruit Sysco Shake</p> <p><b>Calories 1013 Sodium 628</b></p>