

# January 2025

# Mystic Valley Elder Services

# Trio Supper

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><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>Roast Beef &amp; Provolone Cheese (349) Lite Mayo (4) Potato salad (100) Beet salad (143) Multigrain Bread (300) Fresh Fruit (0)</p> <p><b>Calories 802 Sodium 1021</b></p>	<p>Deli Turkey &amp; Swiss Cheese (470) Lite Mayo (4) Balsamic pasta salad (14) Cole slaw (45) Wheat Bread (180) Mixed Fruit (3)</p> <p><b>Calories 818 Sodium 842</b></p>
6	7	8	9	10
<p>Ham &amp; Swiss Cheese (545) Quinoa Tabbouleh Salad (25) Beet Salad (143) Wheat Bread (180) Applesauce (15) Mustard (55)</p> <p><b>Calories 617 Sodium 1088</b></p>	<p>Chicken Salad (121) Carrot Raisin Salad (137) Orzo Vegetable Salad (14) Wheat Bread (180) Mandarin Oranges (7)</p> <p><b>Calories 816 Sodium 583</b></p>	<p>Tuna Salad (241) Potato Salad (100) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Lorna Doones Cookies (100)</p> <p><b>Calories 766 Sodium 891</b></p>	<p>Roast Beef &amp; Provolone Cheese (349) Lite Mayo (4) Macaroni Salad (138) Zucchini Salad (64) Wheat Bread (180) Diet Vanilla Pudding (144)</p> <p><b>Calories 911 Sodium 1003</b></p>	<p>Turkey &amp; Swiss Cheese (470) Italian Pasta Salad (138) Broccoli Slaw (145) Wheat Bread (180) Fresh Fruit (0) Lite Mayo (4)</p> <p><b>Calories 899 Sodium 1064</b></p>
13	14	15	16	17
<p>Chicken Curry Salad (118) Rice Vegetable Salad (74) Root Vegetable Salad (86) Wheat Bread (180) Diet Chocolate Pudding w/ Topping (144)</p> <p><b>Calories 670 Sodium 727</b></p>	<p>Egg Salad (130) Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5)</p> <p><b>Calories 719 Sodium 779</b></p>	<p>Roast beef &amp; Provolone Cheese (349) English Pea Salad (156) Squash, Zucchini, &amp; Red Onion (6) Wheat Bread (180) Fresh Fruit (0) Lite Mayo (4)</p> <p><b>Calories 819 Sodium 822</b></p>	<p>Mediterranean Turkey Pasta Salad (518) Riviera Salad (92) Dinner Roll (180) Tropical Fruit (0)</p> <p><b>Calories 665 Sodium 944</b></p>	<p>Tuna Salad (241) Greek Pasta Salad (182) Tomato Zucchini Salad (60) Multigrain Bread (300) Oatmeal Raisin Cookie (75)</p> <p><b>Calories 606 Sodium 983</b></p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Chef Salad w/Tuna (463) Ziti Broccoli Salad (48) Dinner Roll (180) Diet Tapioca Pudding w/Topping (144)</p> <p><b>Calories 695 Sodium 990</b></p>	<p>Turkey &amp; Swiss Cheese (470) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Wheat Bread (180) Applesauce (14) Lite Mayo (4)</p> <p><b>Calories 892 Sodium 1067</b></p>	<p>California Chicken Salad (115) Potato Salad (100) Cucumber, Feta, and Onion Salad (80) Multigrain Bread (300) Lorna Doone Cookies (100)</p> <p><b>Calories 643 Sodium 864</b></p>	<p>Roast Beef &amp; Provolone Cheese (349) Barley Raisin Salad (129) Beet Salad (143) Wheat Bread (180) Fresh Fruit (0) Lite Mayo (4)</p> <p><b>Calories 866 Sodium 931</b></p>
27	28	29	30	31
<p>Tuna Salad (241) Italian Pasta Salad (138) Cauliflower Carrot Salad (96) Wheat Bread (180) Diet Choc Pudding w/ Topping (144)</p> <p><b>Calories 783 Sodium 924</b></p>	<p>Roast Beef &amp; Provolone Cheese (349) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (0) Lite Mayo (4)</p> <p><b>Calories 816 Sodium 838</b></p>	<p>Chicken Romaine Salad (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (120) Pears (5)</p> <p><b>Calories 677 Sodium 865</b></p>	<p>Turkey &amp; Swiss Cheese (470) Garden Shell Pasta Salad (201) Greek Salad (150) Wheat Bread (180) Pineapple (9) Mayo (4)</p> <p><b>Calories 894 Sodium 1140</b></p>	<p>Egg Salad (130) Sweet Potato Salad (60) Tomato Red Pepper Salad (5) Multigrain Bread (300) Cinnamon Graham Crackers (125)</p> <p><b>Calories 721 Sodium 894</b></p>