

**February 2025**

**Mystic Valley Elder Services**

**Chopped/ Ground/ Puree**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine.</p>	<p>Items 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>
3	4	5	6	7
<p>Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake</p> <p><b>Calories 677 Sodium 396</b></p>	<p>Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake</p> <p><b>Calories 747 Sodium 455</b></p>	<p>Pork with Mushroom Cream Sauce Mashed Potatoes Green Beans Fruit Nutritional Shake</p> <p><b>Calories 778 Sodium 726</b></p>	<p>Chicken Tacos White Rice Black Beans, Corn &amp; Peppers Fruit Nutritional Shake</p> <p><b>Calories 826 Sodium 584</b></p>	<p>Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit Nutritional Shake</p> <p><b>Calories 771 Sodium 631</b></p>
10	11	12	13	14
<p>Egg Omelet w/ cheddar cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake</p> <p><b>Calories 667 Sodium 652</b></p>	<p>White Fish w/ Pineapple &amp; Mango Salsa Stewed Beans Carrots &amp; Fruit Nutritional Shake</p> <p><b>Calories 740 Sodium 755</b></p>	<p>Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake</p> <p><b>Calories 793 Sodium 586</b></p>	<p>American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake</p> <p><b>Calories 752 Sodium 531</b></p>	<p>Rosemary &amp; Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake</p> <p><b>Calories 900 Sodium 542</b></p>
17	18	19	20	21
<p>Presidents' Day Holiday – No Meals</p>	<p>Braised Beef w/ Peppers &amp; Onions Mashed Potatoes Green Peas Fruit Nutritional Shake</p> <p><b>Calories 747 Sodium 554</b></p>	<p>Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake</p> <p><b>Calories 807 Sodium 529</b></p>	<p>Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake</p> <p><b>Calories 719 Sodium 533</b></p>	<p>White Bean &amp; Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake</p> <p><b>Calories 713 Sodium 689</b></p>
24	25	26	27	28
<p>Shrimp Scampi Whole Grain Pasta Green Peas Fruit Nutritional Shake</p> <p><b>Calories 765 Sodium 730</b></p>	<p>Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake</p> <p><b>Calories 817 Sodium 543</b></p>	<p>Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake</p> <p><b>Calories 672 Sodium 819</b></p>	<p>Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit Nutritional Shake</p> <p><b>Calories 655 Sodium 597</b></p>	<p>Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake</p> <p><b>Calories 832 Sodium 746</b></p>