

February 2025

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)</p>				
3	4	5	6	7
Chicken w/ bruschetta sauce (300) Cavatappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) Calories 573 Sodium 637	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Wheat bread (90) Mixed Fruit (3) Calories 784 Sodium 749	Beef Burgundy (177) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Gelatin (33) Calories 719 Sodium 597	Swedish Chicken Meatballs (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Lorna Doone (100) Calories 682 Sodium 541	White bean and spinach (522) Green Beans (3) Dinner Roll (132) Fresh Fruit (0) Calories 655 Sodium 814
10	11	12	13	14
Dijon Pork (298) Brown rice (23) Cabbage & carrots (49) Wheat Bread (90) Peaches (8) Calories 729 Sodium 622	Chicken Souvlaki (456) Seasoned Orzo (32) Spring blend (68) Multigrain Bread (150) Applesauce (14) Calories 771 Sodium 815	Ziti with red pepper sauce (64) Chicken meatballs (210) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (0) Calories 702 Sodium 597	Broccoli & Cheese Stuffed Chicken(410) Whipped Sweet Potatoes (28) Jardinière Blend (32) Wheat Bread (90) Lorna Doones (100) Calories 718 Sodium 795	Chicken with orange sauce (301) White Rice (6) Zucchini & Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7) Calories 609 Sodium 698
17	18	19	20	21
Presidents' Day Holiday – No Meals	Chicken stir fry (460) Brown Rice (5) Wheat Bread (90) Fresh Fruit (0) Calories 607 Sodium 711	Spinach & Red Pepper Frittata (175) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75) Calories 631 Sodium 560	Pollock w/Dijon Wine Sauce (370) Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5) Calories 634 Sodium 700	Roast Turkey w/Gravy (616) Orzo (32) Whipped Butternut Squash (32) Wheat bread (90) Apple Slices w/cinnamon (9) Calories 614 Sodium 904
24	25	26	27	28
Ziti w/ tomato sauce (240) Chicken meatballs (210) Green Beans (3) Garlic Knot (134) Mixed Fruit (3) Calories 707 Sodium 745	BBQ Pulled Pork (442) Root vegetables (34) Broccoli (12) Hamburger Bun (212) Peaches (8) Calories 678 Sodium 864	Greek Chicken (479) Seasoned Orzo (32) Riviera Blend (8) Wheat Bread (90) Mixed Fruit (3) Calories 697 Sodium 768	Mixed Bean & Veg Stew (426) Chicken meatballs (140) Fiesta Blend (24) Wheat bread (90) Fresh Fruit (0) Calories 750 Sodium 837	Salisbury Steak w/Mushroom Gravy (251) Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Lorna Doone (100) Calories 953 Sodium 677