

February 2025

Mystic Valley Elder Services

Trio HDM Chilled

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 Cacciatore (644) OVER Cavatappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) Calories 597 Sodium 981	Potato Pollock, lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Rye Bread (150) Mixed Fruit (3) Calories 764 Sodium 809	Beef Burgundy (177) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Vanilla Pudding w/Topping (174) Calories 894 Sodium 736	Tuscan Soup (257) Swedish Chicken Meatballs (269) OVER Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Fig Bar (149) Calories 882 Sodium 971	White Bean and Spinach Stew (638) Green Beans (3) Dinner Roll (132) Fresh Fruit (0) Calories 723 Sodium 930
10	11	12	13 Valentine's Day Special	14
Old Neighborhood Hot Dog (540) Baked Beans (140) Cabbage & Carrots (49) Hot dog roll (210) Peaches (8) Relish (81) Calories 774 Sodium 1183	Cream of Mushroom Soup (196) Chicken Souvlaki (456) Seasoned Orzo (32) Spring blend (68) Multigrain Bread (150) Brownie (132) Calories 871 Sodium 1190	Stuffed Shells w/ Tomato sauce (626) Chicken meatballs (140) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (0) Calories 725 Sodium 1089	Broccoli & Cheese Stuffed Chicken(410) Whipped Sweet Potatoes (28) Jardinière Blend (32) Wheat Dinner Roll (180) Chocolate Trifle Pudding (277) Calories 891 Sodium 1081	Macaroni & Cheese (777) Zucchini & Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7) Calories 751 Sodium 1093
17	18	19	20	21
Presidents' Day Holiday – No Meals	Chicken Stir Fry (460) Fried Rice (262) Wheat Bread (90) Fresh Fruit (0) Calories 561 Sodium 968	Spinach & Red Pepper Frittata (175) Turkey Sausage (280) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75) Calories 721 Sodium 840	Mixed Bean w/Chicken Soup (215) Pollock w/Dijon Wine Sauce (190) OVER Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5) Calories 761 Sodium 915	Roast Turkey w/Gravy (616) Sage Bread Stuffing (283) Whipped Butternut Squash (32) Dinner Roll (132) Apple Slices w/cinnamon (9) Calories 604 Sodium 1197
24	25	26	27	28
Baked Ziti (744) Green Beans (3) Garlic Knot (134) Mixed Fruit (3) Calories 724 Sodium 1039	Potato Leek Soup (76) BBQ Pulled Pork (442) Baked Beans (140) Broccoli (12) Hamburger Bun (212) Peaches (8) Calories 856 Sodium 1046	Greek Chicken (479) OVER Seasoned Orzo (32) Riviera Blend (8) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 699 Sodium 899	Black Bean & Barley Chili (665) Fiesta Blend (24) Wheat Dinner Roll (180) Fresh Fruit (0) Calories 725 Sodium 1025	Salisbury Steak w/MushroomGravy251 Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Chocolate Pudding w/Topping (195) Calories 1029 Sodium 772