

# February 2025

# Mystic Valley Elder Services

# Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>Menu Subject to change.</b>  <b>Include 52 mg sodium for 4 oz milk</b>  <b>and 30 mg sodium for Margarine.</b></p>				<p><b>Note: To cancel your meal, please call</b>  <b>Mystic Valley Nutrition at least one</b>  <b>day in advance before 11:30 AM:</b>  <b>781-388-2303</b></p>
3	4	5	6	7
<p>Chicken Cacciatore            Cavatappi Pasta            Broccoli &amp; Cauliflower            Multigrain Bread            Applesauce &amp; Apple Juice  <b>Calories 569 Sodium 891</b></p>	<p>Potato Pollock w/ lemon wedge            Whipped Sweet Potatoes            Peas &amp; Mushrooms            Rye Bread            Mixed Fruit &amp; Apple Juice  <b>Calories 736 Sodium 719</b></p>	<p>Beef Burgundy            Buttered Seasoned Orzo            Root Vegetables            Multigrain Bread            Gelatin w/Topping &amp; Cranberry Juice  <b>Calories 674 Sodium 488</b></p>	<p>Swedish Chicken Meatballs            Egg Noodles            Brussels Sprouts            Wheat Bread            Lorna Doones &amp; Apple Juice  <b>Calories 764 Sodium 575</b></p>	<p>White Bean and Spinach Stew            Green Beans            Dinner Roll            Fresh Fruit &amp; Apple Juice  <b>Calories 627 Sodium 724</b></p>
10	11	12	13	14
<p>Dijon Pork            Brown Rice            Cabbage &amp; Carrots            Wheat Dinner Roll            Peaches &amp; Apple Juice  <b>Calories 661 Sodium 605</b></p>	<p>Chicken Souvlaki            Seasoned Orzo            Spring blend            Multigrain Bread            Applesauce &amp; Apple Juice  <b>Calories 724 Sodium 785</b></p>	<p>Stuffed Shells w/ Red Pepper Sauce            Chicken meatballs            Roman Blend Vegetables            Garlic Dinner Roll            Fresh Fruit &amp; Apple Juice  <b>Calories 719 Sodium 776</b></p>	<p>Broccoli &amp; Cheese Stuffed Chicken            Whipped Sweet Potatoes            Jardinere Blend            Wheat Bread            Lorna Doones  <b>Calories 683 Sodium 710</b></p>	<p>Chicken w/ Orange Sauce            White Rice            Zucchini &amp; Tomatoes            Wheat Bread            Mandarin Oranges &amp; Apple Juice  <b>Calories 581 Sodium 533</b></p>
17	18	19	20	21
<p><b>Presidents' Day</b>  <b>Holiday – No Meals</b></p>	<p>Chicken Stir Fry            Brown Rice            Wheat Bread            Fresh Fruit &amp; Apple Juice  <b>Calories 579 Sodium 621</b></p>	<p>Spinach &amp; Red Pepper Frittata            Turkey Sausage            Root Vegetables            Brussels Sprouts            Oat Bread            Gelatin w/Topping &amp; Cranberry Juice  <b>Calories 657 Sodium 715</b></p>	<p>Pollock w/Dijon Wine Sauce            Cous Cous            Peas and Pearl Onions            Wheat Bread            Pears &amp; 4 oz Apple Juice  <b>Calories 607 Sodium 610</b></p>	<p>Roast Turkey w/Gravy            Buttered Seasoned Orzo            Whipped Butternut Squash            Wheat Bread &amp; Apple Slices            w/cinnamon &amp; Cranberry Juice  <b>Calories 632 Sodium 842</b></p>
24	25	26	27	28
<p>Ziti w/ sauce            Chicken Meatballs            Green Beans            Garlic Knot            Mixed Fruit &amp; Cranberry Juice  <b>Calories 695 Sodium 653</b></p>	<p>BBQ Pulled Pork            Root Vegetables            Broccoli            Hamburger Bun            Peaches &amp; Cranberry Juice  <b>Calories 666 Sodium 772</b></p>	<p>Greek Chicken            Seasoned Orzo            Riviera Blend            Wheat Bread &amp; Oatmeal Raisin            Cookie &amp; Apple Juice  <b>Calories 692 Sodium 749</b></p>	<p>Black Bean &amp; Barley Chili            Fiesta Blend            Wheat Bread            Fresh Fruit &amp; Cranberry Juice  <b>Calories 714 Sodium 843</b></p>	<p>Salisbury Steak w/Mushroom Gravy            Cauliflower            Root Vegetables            Wheat Bread            Lorna Doones &amp; Cranberry Juice  <b>Calories 762 Sodium 554</b></p>