

February 2025

Mystic Valley Elder Services

Trio Supper

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
<p>Turkey & Swiss Cheese (470) 3 Bean Salad (34) Zucchini Salad (64) Multigrain Bread (300) Chocolate Chip Cookie (60) Mayo (4)</p> <p style="text-align: right;">Calories 626 Sodium 1057</p>	<p>Southwest Chicken Salad (300) Potato Salad (65) Broccoli Slaw (145) Wheat Bread (180) Tropical Fruit (0)</p> <p style="text-align: right;">Calories 709 Sodium 815</p>	<p>Italian Tuna Salad (502) Quinoa Tabbouleh Salad (25) Squash Zucchini & Red Onion Salad (6) Wheat Bread (180) Diet Vanilla Pudding w/ Topping (144)</p> <p style="text-align: right;">Calories 724 Sodium 982</p>	<p>Roast Beef & Provolone Cheese (349) Balsamic Vinaigrette Pasta Salad (14) Cucumber Carrot Onion Salad (71) Wheat Bread (2) Fresh Fruit (0) Lite Mayo (4)</p> <p style="text-align: right;">Calories 816 Sodium 745</p>	<p>Vegetarian Chef Salad (493) Broccoli Feta Orzo Salad (140) Dinner Roll (180) Peaches (8)</p> <p style="text-align: right;">Calories 644 Sodium 976</p>
10	11	12	13	14
<p>Mediterranean Tortellini Salad (556) Roman Blend Salad (90) Dinner Roll (180) Pineapple (9)</p> <p style="text-align: right;">Calories 650 Sodium 990</p>	<p>Tuna Salad (241) Tri-Color Pasta Salad (59) Spinach & Mandarin Salad (144) Wheat Bread (180) Fruited Diet Gelatin (10)</p> <p style="text-align: right;">Calories 733 Sodium 759</p>	<p>Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Tomato Zucchini Salad (60) Multigrain Bread (300) Fresh fruit (0) Lite Mayo (4)</p> <p style="text-align: right;">Calories 811 Sodium 968</p>	<p>Chicken Salad (121) Orzo Vegetable Salad (14) Broccoli Slaw (145) Multigrain Bread (300) Yogurt (80)</p> <p style="text-align: right;">Calories 764 Sodium 785</p>	<p>Turkey & Swiss Cheese (349) Israeli Couscous Salad (42) Coleslaw (45) Wheat Bread (180) Applesauce (14) Lite Mayo (4)</p> <p style="text-align: right;">Calories 761 Sodium 866</p>
17	18	19	20	21
<p style="text-align: center;">Presidents' Day Holiday – No Meals</p>	<p>Turkey Salad (123) Potato Salad (100) Summer Squash Salad (42) Multigrain Bread (300) Mixed Fruit (3)</p> <p style="text-align: right;">Calories 762 Sodium 694</p>	<p>Chicken Caesar Salad (357) Root Vegetable Salad (86) Dinner Roll (180) Pears (5)</p> <p style="text-align: right;">Calories 604 Sodium 783</p>	<p>Tuna Salad (241) Italian Pasta Salad (138) Spinach w/Mandarin Salad (144) Wheat Bread (180) Chocolate Pudding w/topping (144)</p> <p style="text-align: right;">Calories 782 Sodium 972</p>	<p>Roast Beef & Provolone Cheese (349) Corn Salad (185) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Fruit (0) Lite Mayo (4)</p> <p style="text-align: right;">Calories 836 Sodium 916</p>
24	25	26	27	28
<p>Asian Chicken Salad (147) Lo Mien Pasta Salad (101) Broccoli Slaw (145) Multigrain Bread (300) Lorna Doone Cookies)100</p> <p style="text-align: right;">Calories 745 Sodium 918</p>	<p>Egg Salad (130) Greek Pasta Salad (182) Cauliflower Carrot Salad (96) Multigrain Bread (300) Diet Vanilla Pudding w/Topping (144)</p> <p style="text-align: right;">Calories 654 Sodium 977</p>	<p>Mediterranean Turkey Pasta Salad (518) Roman Blend Salad (90) Garlic Dinner Roll (134) Fresh Fruit (0)</p> <p style="text-align: right;">Calories 698 Sodium 898</p>	<p>Roast Beef & Provolone Cheese (349) Potato Salad (100) Coleslaw (45) Wheat Bread (180) Applesauce (14) Lite Mayo (4)</p> <p style="text-align: right;">Calories 854 Sodium 817</p>	<p>Italian Tuna Salad (502) Macaroni Salad (138) Riviera Salad (92) Wheat Bread (180)) Pears (5)</p> <p style="text-align: right;">Calories 854 Sodium 1041</p>