

# March 2025

# Mystic Valley Elder Services

# Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Meatball Sub Italian Roasted Potatoes Italian Blend Vegetables Tropical Fruit  <b>Calories 830 Sodium 991 Carb 89</b>	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Mandarin Oranges  <b>Calories 570 Sodium 696 Carb 57</b>	Potato Pollock, lemon wedge Brown Rice Roman Blend Veg Lorna Doones  <b>Calories 762 Sodium 660 Carb 80</b>	Pot Roast w/Gravy Harvard Beets Peas & Carrots Pears  <b>Calories 547 Sodium 641 Carb 62</b>	Chicken a la King Buttered noodles Tuscany Blend Fresh Fruit  <b>Calories 667 Sodium 846 Carb 81</b>
<b>10</b>	<b>11</b>	<b>12 St. Patrick's Day Special</b>	<b>13</b>	<b>14</b>
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Ketchup  <b>Calories 639 Sodium 834 Carb 79</b>	Chicken & Rice Bake Green Beans Apple Cinnamon Grahams  <b>Calories 582 Sodium 643 Carb 60</b>	Corned Beef Stew(RED corned beef, cabbage, turnip, carrots and onions) Boiled Parsley Potatoes Cinnamon apple slices  <b>Calories 553 Sodium 1094 Carb 52</b>	Chicken Fajitas White Rice Brussels Sprouts Pears  <b>Calories 683 Sodium 493 Carb 68</b>	Mixed Bean & Veg Stew Cauliflower Oatmeal Raisin Cookie  <b>Calories 546 Sodium 960 Carb 83</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Gelatin w/Topping  <b>Calories 573 Sodium 750 Carb 70</b>	Pollock w/Scampi Sauce 4 oz Creamy Parmesan Polenta Riviera Blend Fresh Fruit  <b>Calories 607 Sodium 651 Carb 83</b>	Beef Stroganoff Egg Noodles Brussels Sprouts Brownie  <b>Calories 679 Sodium 561 Carb 74</b>	Turkey Pot Pie Harvard Beets Mandarin Oranges  <b>Calories 563 Sodium 843 Carb 67</b>	Lasagna w/Tomato Sauce Italian Green Beans Peaches  <b>Calories 515 Sodium 753 Carb 67</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit  <b>Calories 692 Sodium 486 Carb 66</b>	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Chocolate Chip Cookie  <b>Calories 662 Sodium 666 Carb 68</b>	Lentil Stew Root Vegetables Gelatin w/ Topping  <b>Calories 649 Sodium 738 Carb 72</b>	Stuffed Shells w/ Red Pepper Sauce California Blend Applesauce  <b>Calories 631 Sodium 772 Carb 69</b>	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Tropical Fruit  <b>Calories 715 Sodium 763 Carb 53</b>
<b>31</b>				
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Tropical Fruit  <b>Calories 632 Sodium 744 Carb 65</b>		 an elior company	Menu Subject to change.  Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.	<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>