

March 2025

Mystic Valley Elder Services

Trio Cardiac

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Meatball Sub (664) Italian Roasted Potatoes (6) Italian Blend Vegetables (19) Tropical Fruit (0) Calories 699 Sodium 844 | Broccoli & Mushroom Frittata (181) O'Brien Potatoes (39) Green beans (3) Wheat Bread (90) Mandarin Oranges (7) Calories 540 Sodium 551 | Potato Pollock, lemon wedge (337) Brown Rice Pilaf (104) Roman Blend (33) Wheat Bread (90) Lorna Doone (100) Calories 921 Sodium 819 | Pot Roast w/Gravy (131) Mashed Potatoes (68) Peas & Carrots (82) Rye Bread (150) Pears (5) Calories 724 Sodium 591 | Chicken Marsala (259) Buttered noodles (35) Tuscany Blend (47) Multigrain Bread (150) Fresh Fruit (0) Calories 749 Sodium 786 |
| 10 | 11 | 12 St. Patrick's Day Special | 13 | 14 |
| Turkey burger (360) Broccoli (12) Corn (1) Hamburger Bun (180) Applesauce (14) Ketchup (82) Calories 609 Sodium 804 | Chicken & Rice Bake (369) Green Beans (3) Multigrain Bread (150) Apple cinnamon grahams (85) Calories 622 Sodium 763 | Corned Beef Stew(RED corned beef, cabbage, turnip, carrots, onions) (891) Boiled Parsley Potatoes (27) Wheat Bread (90) Cinnamon apple slices (5) Calories 650 Sodium 1000 | Chicken Fajitas (281) Rice & Beans (69) Onion & peppers (54) Tortilla (179) Pears (5) Calories 830 Sodium 734 | Mixed Bean & Veg Stew (680) Cauliflower (17) wheat bread (90) Oatmeal raisin cookie (75) Calories 606 Sodium 1035 |
| 17 | 18 | 19 | 20 | 21 |
| Honey Mustard Chicken (473) Whipped Sweet Potatoes (28) Jardiniere Style Blend (32) Wheat bread (90) Gelatin w topping (33) Calories 633 Sodium 810 | Pollack with scampi sauce (352) Creamy Parmesan Polenta (191) Riviera Blend (8) Rye Bread (150) Fresh Fruit (0) Calories 667 Sodium 857 | Beef Stroganoff (192) Egg Noodles (35) Brussels Sprouts (17) Wheat bread (90) Brownie (132) Calories 739 Sodium 621 | Turkey Pot Pie (414) Broccoli (12) Wheat Dinner Roll (150) Mandarin Oranges (7) Calories 564 Sodium 768 | Orzo w gravy (64) Chicken Meatballs (210) Italian Green Beans (3) Garlic Knot (134) Peaches (8) Calories 727 Sodium 595 |
| 24 | 25 | 26 | 27 | 28 |
| Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (90) Fresh Fruit (0) Calories 752 Sodium 546 | Lemon Chicken w/Peas (297) Quinoa pilaf (56) Spring Blend Vegetables (68) Dinner Roll (150) Chocolate Chip Cookie (60) Calories 722 Sodium 726 | Lentil Stew (487) Root Vegetables (34) Oat Bread (115) Gelatin w topping (33) Calories 749 Sodium 823 | Stuffed shells w/ red pepper sauce (405) California Blend (30) Wheat bread (90) Applesauce (14) Calories 570 Sodium 710 | Rosemary Balsamic Pork (446) Italian Roasted Red Bliss Potato (16) Ratatouille (116) Wheat bread (90) Tropical Fruit (0) Calories 775 Sodium 823 |
| 31 | | | | |
| Chicken Marsala (399) Italian Roasted Red Bliss Potato (16) Spinach (145) Wheat Bread (90) Tropical Fruit (0) Calories 602 Sodium 714 | |  | Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_) | Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 |