

March 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatballs Sub Italian Roasted Potatoes Italian Blend Vegetables Tropical Fruit Calories 699 Sodium 844	Chicken w/Onion Gravy O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 572 Sodium 864	Potato Pollock, lemon wedge Brown Rice Pilaf Roman Blend Wheat Dinner Roll Lorna Doones Calories 921 Sodium 909	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 724 Sodium 591	Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Calories 749 Sodium 787
10	11	12 St. Patrick's Day Special	13	14
Turkey Burger Corn Broccoli Hamburger Bun Applesauce Calories 600 Sodium 723	Chicken Souvlaki OVER Orzo Green Beans Multigrain Bread Apple Cinnamon Grahams Calories 794 Sodium 882	Corned Beef Stew(RED corned beef, cabbage, turnip, carrots and onions) Boiled Parsley Potatoes Wheat Bread Cinnamon apple slices Calories 623 Sodium 1170	Chicken Fajitas Rice & Beans Brussels Sprouts Tortilla Pears Calories 847 Sodium 697	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Calories 726 Sodium 1160
17	18	19	20	21
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Multigrain Bread Gelatin w/Topping Calories 613 Sodium 870	Pollock w/Scampi Sauce 4 oz Orzo Pilaf Riviera Blend Rye Bread Fresh Fruit Calories 671 Sodium 926	Pot Roast w/Brown Gravy Egg Noodles Brussels Sprouts Wheat Bread Brownie Calories 725 Sodium 560	Turkey Pot Pie Harvard Beets Wheat Dinner Roll Mandarin Oranges Calories 616 Sodium 993	Orzo w/LS Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches Calories 667 Sodium 525
24	25	26	27	28
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 752 Sodium 546	Lemon Chicken w/Peas Quinoa Pilaf Spring Blend Vegetables Dinner Roll Chocolate Chip Cookie Calories 720 Sodium 769	Lentil Stew Root Vegetables Oat Bread Gelatin w/Topping Calories 749 Sodium 823	Ziti w/Red Pepper Sauce Chicken Meatballs California Blend Wheat Dinner Roll Applesauce Calories 599 Sodium 532	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Tropical Fruit Calories 755 Sodium 883
31				
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Wheat Bread Tropical Fruit Calories 692 Sodium 804			Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in margarine	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303