

**May 2025**

**Mystic Valley Elder Services**

**Chopped/ Ground/ Puree**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   |  | 1   | 2  |
| <p>Menu Subject to change.<br/>Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine.<br/>Items prepared to texture ordered.</p>              | <p><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></p>                  |   | <p>Chicken Tacos<br/>White Rice<br/>Black Beans, Corn &amp; Peppers<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 826 Sodium 584</b></p>                 | <p>Whole Grain Cheese Lasagna w/ Florentine Sauce<br/>Carrots<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 697 Sodium 740</b></p>                        |
| 5  | 6   | 7  | 8   | 9  |
| <p>Egg Omelet w/ cheddar cheese<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 667 Sodium 550</b></p>   | <p>White Fish w/ Pineapple &amp; Mango Salsa<br/>Stewed Beans<br/>Carrots &amp; Fruit<br/>Nutritional Shake<br/><br/><b>Calories 740 Sodium 755</b></p> | <p>Lemon Ricotta Chicken<br/>Mashed Sweet Potato<br/>Brussel Sprouts<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 793 Sodium 586</b></p>             | <p>American Chop Suey (Turkey)<br/>Whole Grain Pasta<br/>Green Beans w/ Red Peppers<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 752 Sodium 531</b></p> | <p>Rosemary &amp; Garlic Chicken<br/>Mashed Potatoes<br/>Broccoli<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 902 Sodium 440</b></p>                    |
| 12   | 13  | 14   | 15  | 16   |
| <p>Braised Beef w/ Peppers &amp; Onions<br/>Mashed Potatoes<br/>Green Peas<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 747 Sodium 452</b></p> | <p>Curried Chicken<br/>Mashed Potatoes<br/>Carrots<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 760 Sodium 528</b></p>                          | <p>Pork w/ Cranberry Apple Chutney<br/>Mashed Potatoes<br/>Mixed Root Vegetables<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 807 Sodium 427</b></p> | <p>Stewed Tomato White Fish<br/>Orzo<br/>Brussel Sprouts<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 719 Sodium 533</b></p>                            | <p>White Bean &amp; Chicken Chili W/ shredded cheese<br/>California Blend Vegetables<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 713 Sodium 689</b></p> |
| 19   | 20  | 21   | 22  | 23   |
| <p>Shrimp Scampi<br/>Pasta<br/>Green Peas<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 765 Sodium 729</b></p>                                  | <p>Honey Mustard Chicken<br/>Rice Pilaf<br/>Mixed Vegetables<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 817 Sodium 543</b></p>                | <p>Turkey Meatloaf w/ Gravy<br/>Mashed Potatoes<br/>Carrots<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 782 Sodium 622</b></p>                      | <p>Lentil Bolognese &amp; Parmesan<br/>Pasta<br/>Broccoli<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 655 Sodium 597</b></p>                           | <p>Beef Stew<br/>Mashed Potatoes<br/>Vegetable Medley<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 832 Sodium 644</b></p>                                |
| 26   | 27  | 28   | 29  | 30   |
| <p>Holiday<br/>No Meals</p>  | <p>Baked Salmon<br/>Mashed Potatoes<br/>Garlic Kale<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 747 Sodium 364</b></p>                         | <p>Pork with Mushroom Cream Sauce<br/>Mashed Potatoes<br/>Green Beans<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 778 Sodium 624</b></p>            | <p>Chicken Tacos<br/>White Rice<br/>Black Beans, Corn &amp; Peppers<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 826 Sodium 584</b></p>                 | <p>Whole Grain Cheese Lasagna w/ Florentine Sauce<br/>Carrots<br/>Fruit<br/>Nutritional Shake<br/><br/><b>Calories 697 Sodium 740</b></p>                        |