

April 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Oatmeal Raisin Cookie Calories 774 Sodium 667 Carb 75	Chicken Meatballs w/ Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit Calories 628 Sodium 506 Carb 76	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Calories 607 Sodium 783 Carb 64	Mixed Bean & Veg Stew Brussels sprouts Applesauce Calories 541 Sodium 885 Carb 89
7	8	9	10	11
Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping Calories 603 Sodium 458 Carb 63	Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Calories 613 Sodium 513 Carb 76	Chicken Rice Bake Spinach Mixed Fruit Calories 531 Sodium 702 Carb 54	American Chop Suey Broccoli Gelatin w/ Topping Calories 685 Sodium 544 Carb 80	Chicken Meatballs w/ Beef Grav Ziti Pasta Riviera Blend Peaches Calories 603 Sodium 468 Carb 69
14	15	16	17	18
Chicken a l'orange Lo mein noodles Stir fry veggies Oatmeal Raisin Cookie Calories 658 Sodium 666 Carb 69	Beef Chili Brown Rice Zucchini & Cauliflower Pears Calories 563 Sodium 527 Carb 74	Chicken Diane Seasoned orzo California Blend Lorna Doones Calories 660 Sodium 649 Carb 73	Roasted Turkey w/Gravy White rice Root Vegetables Fresh Fruit Calories 590 Sodium 943 Carb 78	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Applesauce Calories 536 Sodium 722 Carb 72
21	22	23	24	25
Holiday No Meals	Ziti Pasta w/ Bruschetta Sauce Chicken meatballs Tuscany Blend Peaches Calories 596 Sodium 499 Carb 70	Pork w/Apple Glaze Roasted Sweet Potatoes,44 Green Beans Pears Calories 756 Sodium 684 Carb 74	Chicken w/Saute Vegetables Jasmine Coconut Rice Gelatin w/Topping Calories 592 Sodium 562 Carb 52	Meatloaf w/gravy Buttered Noodles Peas & Carrots Chocolate Chip Cookie Calories 771 Sodium 529 Carb 71
28	29	30		
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Applesauce Calories 557 Sodium 861 Carb 68	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Mixed Fruit Calories 724 Sodium 689 Carb 90	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping Calories 645 Sodium 461 Carb 66		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303