

**May 2025**

**Mystic Valley Elder Services**

**Trio Carb Controlled**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.</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>Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Lorna Doones</p> <p><b>Calories 732 Sodium 605 Carb 76</b></p>	<p>White Bean and Spinach Stew Green Beans Fresh Fruit</p> <p><b>Calories 617 Sodium 1036 Carb 90</b></p>
5	6	7	8	9
<p>Dijon Pork Brown Rice Cabbage &amp; Carrots Peaches</p> <p><b>Calories 629 Sodium 545 Carb 75</b></p>	<p>Chicken Souvlaki Seasoned Orzo Spring blend veg Applesauce</p> <p><b>Calories 711 Sodium 755 Carb 71</b></p>	<p>Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Fresh Fruit</p> <p><b>Calories 624 Sodium 601 Carb 72</b></p>	<p>Shepherd's Pie Jardiniere Vegetables Tropical Fruit</p> <p><b>Calories 670 Sodium 424 Carb 95</b></p>	<p>Chicken w/Orange Sauce White Rice Zucchini &amp; Tomatoes Mandarin Oranges</p> <p><b>Calories 549 Sodium 563 Carb 69</b></p>
12	13	14	15	16
<p>Lentil Stew Cauliflower Gelatin w/Topping</p> <p><b>Calories 477 Sodium 293 Carb 65</b></p>	<p>Chicken Stir Fry Brown Rice Fresh Fruit</p> <p><b>Calories 547 Sodium 651 Carb 69</b></p>	<p>Spinach &amp; Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Gelatin w/ Topping</p> <p><b>Calories 614 Sodium 838 Carb 54</b></p>	<p>Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears</p> <p><b>Calories 574 Sodium 640 Carb 76</b></p>	<p>Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Apple Slices w/cinnamon</p> <p><b>Calories 584 Sodium 874 Carb 82</b></p>
19	20	21	22	23
<p>Ziti w/ tomato sauce Chicken meatballs Green Beans Mixed Fruit</p> <p><b>Calories 615 Sodium 642 Carb 74</b></p>	<p>BBQ Pulled Pork Root Vegetables Broccoli Hamburger Bun Peaches</p> <p><b>Calories 708 Sodium 894 Carb 74</b></p>	<p>Greek Chicken Seasoned Orzo Riviera Blend Oatmeal Raisin Cookie</p> <p><b>Calories 659 Sodium 779 Carb 74</b></p>	<p>Mixed Bean &amp; Veg Stew Fiesta Blend Veg Fresh Fruit</p> <p><b>Calories 581 Sodium 894 Carb 100</b></p>	<p>Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Applesauce</p> <p><b>Calories 794 Sodium 531 Carb 84</b></p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Broccoli &amp; Mushroom Frittata O'Brien Potatoes Green Beans Mandarin Oranges</p> <p><b>Calories 544 Sodium 597 Carb 60</b></p>	<p>Potato Pollock, lemon wedge Brown Rice Roman Blend Veg Lorna Doones</p> <p><b>Calories 762 Sodium 660 Carb 80</b></p>	<p>Pot Roast w/Gravy Harvard Beets Peas &amp; Carrots Pears</p> <p><b>Calories 547 Sodium 641 Carb 62</b></p>	<p>Chicken a la King Buttered noodles Tuscany Blend Fresh Fruit</p> <p><b>Calories 747 Sodium 586 Carb 83</b></p>