

May 2025

Mystic Valley Elder Services

Trio Cardiac

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. Individual Sodium amount in ( _ )</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 (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Lorna Doones (100)</p> <p><b>Calories 712 Sodium 571</b></p>	<p>White Bean and Spinach Stew (750) Green Beans (3) Dinner Roll (132) Fresh Fruit (0)</p> <p><b>Calories 669 Sodium 1040</b></p>
5	6	7	8	9
<p>Dijon Pork (298) Brown rice (23) Cabbage &amp; carrots (49) Wheat Bread (90) Peaches (8)</p> <p><b>Calories 759 Sodium 652</b></p>	<p>Chicken Souvlaki (456) Seasoned Orzo (32) Spring blend (68) Wheat Bread (90) Applesauce (14)</p> <p><b>Calories 800 Sodium 805</b></p>	<p>Ziti with red pepper sauce (64) Chicken meatballs (210) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (0)</p> <p><b>Calories 732 Sodium 627</b></p>	<p>Shepherd's Pie (208) Jardiniere Vegetables (32) Wheat bread (90) Tropical Fruit (0)</p> <p><b>Calories 760 Sodium 604</b></p>	<p>Chicken with orange sauce (301) White Rice (6) Zucchini &amp; Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7)</p> <p><b>Calories 639 Sodium 653</b></p>
12	13	14	15	16
<p>Lentil Stew (58) Cauliflower (17) Wheat Bread (90) Gelatin w/Topping (33)</p> <p><b>Calories 537 Sodium 353</b></p>	<p>Chicken stir fry (460) Brown Rice (5) Wheat Bread (90) Fresh Fruit (0)</p> <p><b>Calories 607 Sodium 711</b></p>	<p>Spinach &amp; Red Pepper Frittata (179) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75)</p> <p><b>Calories 667 Sodium 685</b></p>	<p>Pollock w/Dijon Wine Sauce (370) Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5)</p> <p><b>Calories 634 Sodium 700</b></p>	<p>Roast Turkey w/Gravy (616) Orzo (32) Whipped Butternut Squash (32) Wheat Bread (90) Apple Slices w/cinnamon (9)</p> <p><b>Calories 614 Sodium 904</b></p>
19	20	21	22	23
<p>Ziti w/ tomato sauce (240) Chicken meatballs (210) Green Beans (3) Garlic Knot (134) Mixed Fruit (3)</p> <p><b>Calories 707 Sodium 745</b></p>	<p>BBQ Pulled Pork (442) Root vegetables (34) Broccoli (12) Hamburger Bun (210) Peaches (8)</p> <p><b>Calories 678 Sodium 860</b></p>	<p>Greek Chicken (479) Seasoned Orzo (32) Riviera Blend (8) Wheat Bread (90) Mixed Fruit (3)</p> <p><b>Calories 697 Sodium 768</b></p>	<p>Mixed Bean &amp; Veg Stew (680) Fiesta Blend (24) Wheat bread (90) Fresh Fruit (0)</p> <p><b>Calories 641 Sodium 950</b></p>	<p>Salisbury Steak Mushroom Gravy<sup>(251)</sup> Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Lorna Doone (100)</p> <p><b>Calories 953 Sodium 677</b></p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Broccoli &amp; Mushroom Frittata (363) O'Brien Potatoes (39) Green beans (3) Wheat Bread (90) Mandarin Oranges (7)</p> <p><b>Calories 604 Sodium 732</b></p>	<p>Potato Pollock, lemon wedge (337) Brown Rice Pilaf (104) Roman Blend (33) Wheat Bread (90) Lorna Doone (100)</p> <p><b>Calories 921 Sodium 819</b></p>	<p>Pot Roast w/Gravy (116) Mashed Potatoes (68) Peas &amp; Carrots (82) Rye Bread (125) Pears (5)</p> <p><b>Calories 724 Sodium 591</b></p>	<p>Chicken Marsala (259) Buttered noodles (35) Tuscany Blend (47) Multigrain Bread (150) Fresh Fruit (0)</p> <p><b>Calories 749 Sodium 787</b></p>