


May 2025

Mystic Valley Elder Services

Trio HDM Chilled

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>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p>		<p>Tuscan Soup (257) Swedish Chicken Meatballs (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Fig Bar (149) Calories 882 Sodium 971</p>	<p>White Bean and Spinach Stew (750) Green Beans (3) Dinner Roll (132) Fresh Fruit (0) Calories 639 Sodium 1040</p>
5	6	7	8	9
<p>Old Neighborhood Hot Dog (540) Baked Beans (140) Cabbage & Carrots (49) Hot dog roll (210) Peaches (8) Relish (81) Calories 774 Sodium 1183</p>	<p>Cream of Mushroom Soup (196) Chicken Souvlaki (456) Seasoned Orzo (32) Spring blend (68) Multigrain Bread (150) Brownie (132) Calories 871 Sodium 1190</p>	<p>Stuffed Shells w/Tomato sauce (464) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (0) Calories 574 Sodium 787</p>	<p>Mother's Day Special</p> <p>Tuscan turkey Orzo Casserole (681) Beets (185) Oat Bread (140) Chocolate pudding trifle (277) Calories 893 Sodium 1438 <i>High sodium meal</i></p>	<p>Macaroni & Cheese (694) Zucchini & Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7) Calories 841 Sodium 1011</p>
12	13	14	15	16
<p>Lentil Stew (58) Cauliflower (17) Multigrain Bread (150) Choc Chip Cookie (60) Calories 550 Sodium 440</p>	<p>Chicken Stir Fry (460) Fried Rice (262) Wheat Bread (90) Fresh Fruit (0) Calories 561 Sodium 968</p>	<p>Spinach & Red Pepper Frittata (300) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75) Calories 667 Sodium 685</p>	<p>Mixed Bean w/Chicken Soup (215) Pollock w/Dijon Wine Sauce (370) Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5) Calories 761 Sodium 915</p>	<p>Roast Turkey w/ Gravy (616) Sage Bread Stuffing (283) Whipped Butternut Squash (32) Dinner Roll (132) Apple Slices w/cinnamon (9) Calories 604 Sodium 1197</p>
19	20	21	22	23
<p>Baked Ziti (744) Green Beans (3) Garlic Knot (134) Mixed Fruit (3) Calories 724 Sodium 1039</p>	<p>Potato Leek Soup (76) BBQ Pulled Pork (442) Baked Beans (140) Broccoli (12) Hamburger Bun (212) Peaches (8) Calories 856 Sodium 1046</p>	<p>Greek Chicken (479) Seasoned Orzo (32) Riviera Blend (8) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 699 Sodium 899</p>	<p>Black Bean & Barley Chili (665) Fiesta Blend (24) Wheat Dinner Roll (180) Fresh Fruit (0) Calories 725 Sodium 1025</p>	<p>Salisbury Steak & Mushroom Gravy⁽²⁵¹⁾ Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Chocolate Pudding w/Topping (195) Calories 1029 Sodium 772</p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Broccoli & Mushroom Frittata (363) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (90) Mandarin Oranges (7) Calories 614 Sodium 905</p>	<p>Potato Pollock, lemon wedge (337) Brown Rice Pilaf (104) Roman Blend (33) Wheat Dinner Roll (180) Vanilla Pudding w/Topping (174) Calories 997 Sodium 983</p>	<p>Minestrone Soup (261) Pot Roast w/Gravy (131) Mashed Potatoes (68) Peas & Carrots (82) Rye Bread (150) Cupcake (170) Calories 963 Sodium 1018</p>	<p>Chicken a la King (578) Buttered noodles (35) Tuscany Blend (47) Multigrain Bread (150) Fresh Fruit (0) Calories 707 Sodium 966</p>