

April 2025

Mystic Valley Elder Services

Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine.  Items altered and prepared to texture ordered.	Potato Pollock, lemon wedge Buttered Noodles Broccoli & Cauliflower Gelatin w/Topping Sysco Shake <b>Calories 920 Sodium 698</b>	Chicken Meatballs w/ Tomato Basil Wine Sauce OVER Penne Pasta Italian Vegetable Blend Pears Sysco Shake <b>Calories 814 Sodium 605</b>	Broccoli Egg Bake Home Fries Stewed Tomatoes Applesauce Sysco Shake <b>Calories 838 Sodium 1050</b>	Mixed Bean & Veg Stew Brussels sprouts Applesauce Sysco Shake <b>Calories 853 Sodium 1134</b>
7	8	9	10	11
Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake <b>Calories 1025 Sodium 751</b>	Chicken Scallopini Buttered Noodles Green Beans Pears Sysco Shake <b>Calories 792 Sodium 611</b>	Chicken Rice Bake Spinach Mixed Fruit Sysco Shake <b>Calories 731 Sodium 797</b>	American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake <b>Calories 1247 Sodium 916</b>	Macaroni & Cheese Riviera Blend Peaches Sysco Shake <b>Calories 891 Sodium 1973</b>
14	15	16	17	18
Sweet and Sour Chicken Meatballs OVER Lo Mein Noodles Stir fry vegetables Multigrain Bread Tapioca Pudding w/Topping Sysco Shake <b>Calories 997 Sodium 1023</b>	Beef Chili Brown Rice Zucchini & Cauliflower Pears Sysco Shake <b>Calories 763 Sodium 621</b>	Chicken Diane Seasoned orzo California Blend Peaches Sysco Shake <b>Calories 771 Sodium 652</b>	Roast Turkey with Gravy Mashed Potatoes Root Vegetables Gelatin w/Topping Sysco Shake <b>Calories 790 Sodium 1030</b>	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Applesauce Sysco Shake <b>Calories 736 Sodium 817</b>
21	22	23	24	25
Holiday No Meals	Lasagna Roll w/Sauce Tuscany Blend Peaches Sysco Shake <b>Calories 703 Sodium 891</b>	Pork with Apples Roasted Sweet Potatoes Green Beans Pears Sysco Shake <b>Calories 956 Sodium 779</b>	Chicken w/Saute Vegetables Jasmine Coconut Rice Chocolate Pudding w/Topping Sysco Shake <b>Calories 967 Sodium 819</b>	Meatloaf w/gravy Cheddar Mashed Potatoes Peas & Carrots Mixed Fruit Sysco Shake <b>Calories 1013 Sodium 628</b>
28	29	30		
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Applesauce Sysco Shake <b>Calories 757 Sodium 956</b>	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Mixed Fruit Sysco Shake <b>Calories 924 Sodium 784</b>	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake <b>Calories 1054 Sodium 713</b>	 <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>	