

May 2025

Mystic Valley Elder Services

Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine.</p> <p>Items altered and prepared to texture ordered.</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>Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Gelatin w/Topping Sysco Shake</p> <p>Calories 833 Sodium 633</p>	<p>White Bean and Spinach Stew Green Beans Peaches Sysco Shake</p> <p>Calories 761 Sodium 1044</p>
5	6	7	8	9
<p>Old Neighborhood Hot Dog Baked Beans Cabbage & Carrots Peaches Sysco Shake</p> <p>Calories 881 Sodium 1017</p>	<p>Chicken Souvlaki Seasoned Orzo Spring blend Applesauce Sysco Shake</p> <p>Calories 911 Sodium 850</p>	<p>Stuffed Shells w/ Tomato sauce Roman Blend Vegetables Gelatin w/Topping Sysco Shake</p> <p>Calories 772 Sodium 950</p>	<p>Shepherd's Pie Jardiniere Vegetables Pudding w/ topping Sysco Shake</p> <p>Calories 956 Sodium 714</p>	<p>Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake</p> <p>Calories 981 Sodium 1046</p>
12	13	14	15	16
<p>Lentil Stew Cauliflower Multigrain Bread Vanilla Pudding w/Topping Sysco Shake</p> <p>Calories 852 Sodium 529</p>	<p>Chicken Stir Fry Fried Rice Mixed Fruit Sysco Shake</p> <p>Calories 683 Sodium 1005</p>	<p>Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake</p> <p>Calories 767 Sodium 695</p>	<p>Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Sysco Shake</p> <p>Calories 774 Sodium 735</p>	<p>Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake</p> <p>Calories 776 Sodium 1220</p>
19	20	21	22	23
<p>Baked Ziti Green Beans Mixed Fruit Sysco Shake</p> <p>Calories 832 Sodium 1030</p>	<p>BBQ Pulled Pork Baked Beans Broccoli Peaches Sysco Shake</p> <p>Calories 877 Sodium 883</p>	<p>Greek Chicken Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake</p> <p>Calories 826 Sodium 832</p>	<p>Black Bean & Barley Chili Fiesta Blend Applesauce Sysco Shake</p> <p>Calories 835 Sodium 983</p>	<p>Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake</p> <p>Calories 1169 Sodium 807</p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Mandarin Oranges Sysco Shake</p> <p>Calories 614 Sodium 905</p>	<p>Potato Pollock, lemon wedge Orzo Roman Blend Vanilla Pudding w/Topping Sysco Shake</p> <p>Calories 997 Sodium 983</p>	<p>Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake</p> <p>Calories 988 Sodium 1074</p>	<p>Chicken a la King Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake</p> <p>Calories 787 Sodium 706</p>