

*April 2025*

*Mystic Valley Elder Services*

*Trio Low Lactose*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in margarine	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie <b>Calories 814 Sodium 787</b>	Chicken Meatballs w/ Tomato Basil Wine Sauce over Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit <b>Calories 688 Sodium 656</b>	Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce <b>Calories 622 Sodium 1102</b>	Mixed Bean & Veg Stew Brussels sprouts Wheat Dinner Roll Brownie <b>Calories 771 Sodium 1167</b>
7	8	9	10	11
Beef Pot Roast w/Gravy Mashed Potatoes Carrots Dinner Roll Gelatin w topping. <b>Calories 708 Sodium 597</b>	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit <b>Calories 673 Sodium 573</b>	Chicken Stew Spinach Garlic Knot Mixed Fruit <b>Calories 601 Sodium 904</b>	American Chop Suey Broccoli Oat Bread Lorna Doones <b>Calories 1071 Sodium 832</b>	Chicken Meatballs, Ziti w/ Gravy Riviera Blend Multigrain Bread Peaches <b>Calories 659 Sodium 578</b>
14	15	16	17	18
Sweet & Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Oatmeal raisin Cookie <b>Calories 762 Sodium 928</b>	Beef Chili Brown Rice Zucchini & Cauliflower Dinner Roll Pears <b>Calories 621 Sodium 630</b>	Chicken Diane Seasoned orzo California Blend Oat Bread Cupcake <b>Calories 829 Sodium 804</b>	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Whole Wheat Roll Fresh Fruit <b>Calories 650 Sodium 1050</b>	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce <b>Calories 596 Sodium 782</b>
21	22	23	24	25
Holiday No Meals	Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches <b>Calories 683 Sodium 588</b>	Pork with Apples Roasted Sweet Potatoes Green Beans Dinner Roll Pears <b>Calories 814 Sodium 787</b>	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Gelatin w/Topping <b>Calories 632 Sodium 682</b>	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie <b>Calories 831 Sodium 679</b>
28	29	30		
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce <b>Calories 597 Sodium 981</b>	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Mixed Fruit <b>Calories 764 Sodium 809</b>	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping <b>Calories 719 Sodium 597</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>