

May 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in margarine	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303		Chicken Meatballs w/Gravy Egg Noodles Brussels Sprouts Wheat Bread Lorna Doones Calories 802 Sodium 649	White Bean and Spinach Stew Green Beans Dinner Roll Fresh Fruit Calories 639 Sodium 1045
5	6	7	8	9
Old Neighborhood Hot Dog Baked Beans Cabbage & Carrots Hot dog roll Peaches Relish. Calories 774 Sodium 1183	Chicken Souvlaki Seasoned Orzo Spring blend Multigrain Bread Brownie Calories 809 Sodium 993	Ziti w/Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 715 Sodium 546	Shepherd's Pie Jardiniere Vegetables Wheat bread Lorna Doones Calories 807 Sodium 674	Chicken Breast w/Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Calories 642 Sodium 622
12	13	14	15	16
Lentil Stew Cauliflower Multigrain Bread Choc Chip Cookie Calories 550 Sodium 440	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit Calories 561 Sodium 968	Chicken w/Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping Calories 668 Sodium 621	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Calories 634 Sodium 700	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Dinner Roll Apple Slices w/cinnamon Calories 604 Sodium 1197
19	20	21	22	23
Ziti w/Tomato Sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Calories 707 Sodium 745	BBQ Pulled Pork Baked Beans Broccoli Hamburger Bun Peaches Calories 767 Sodium 970	Greek Chicken Seasoned Orzo Riviera Blend Multigrain Bread Oatmeal Raisin Cookie Calories 687 Sodium 785	Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit Calories 725 Sodium 1025	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones Calories 953 Sodium 677
26	27	28	29	30
Holiday No Meals	Chicken w/Onion Gravy O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 572 Sodium 864	Potato Pollock, lemon wedge Brown Rice Pilaf Roman Blend Wheat Dinner Roll Lorna Doones Calories 921 Sodium 909	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 724 Sodium 591	Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Calories 749 Sodium 787