

May 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu Subject to change. Include 30 mg sodium for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303		Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Lorna Doones Apple Juice Calories 764 Sodium 575	White Bean and Spinach Stew Green Beans Dinner Roll Fresh Fruit Apple Juice Calories 647 Sodium 1040
5	6	7	8	9
Dijon Pork Brown Rice Cabbage & Carrots Wheat Dinner Roll Peaches Apple Juice Calories 661 Sodium 605	Chicken Souvlaki Seasoned Orzo Spring blend Multigrain Bread Applesauce Apple Juice Calories 724 Sodium 785	Stuffed Shells w/ Red Pepper Sauce Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Apple Juice Calories 568 Sodium 475	Shepherd's Pie Jardiniere Style vegetables Wheat Bread Tropical Fruit Apple Juice Calories 723 Sodium 394	Chicken w/ Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Apple Juice Calories 581 Sodium 533
12	13	14	15	16
Lentil Stew Cauliflower Multigrain Bread Gelatin w/topping Apple Juice Calories 489 Sodium 322	Chicken Stir Fry Brown Rice Wheat Bread Fresh Fruit Apple Juice Calories 579 Sodium 621	Spinach & Red Pepper Frittata Root Vegetables Brussels Sprouts Oat Bread Gelatin w/ Topping Cranberry Juice Calories 603 Sodium 561	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Apple Juice Calories 607 Sodium 610	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Cranberry Juice Calories 632 Sodium 842
19	20	21	22	23
Ziti w sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Cranberry Juice Calories 695 Sodium 653	BBQ Pulled Pork Root Vegetables Broccoli Hamburger Bun Peaches Cranberry Juice Calories 666 Sodium 772	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 692 Sodium 749	Black Bean & Barley Chili Fiesta Blend Wheat Bread Fresh Fruit Cranberry Juice Calories 714 Sodium 843	Salisbury Steak w/Mushroom Gravy Cauliflower Root Vegetables Wheat Bread Lorna Doones Cranberry Juice Calories 803 Sodium 589
26	27	28	29	30
Holiday No Meals	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Cranberry Juice Calories 593 Sodium 563	Potato Pollock, lemon wedge Brown Rice Pilaf Roman Blend Wheat Dinner Roll Lorna Doones Apple Juice Calories 893 Sodium 819	Pot Roast w/Gravy Harvard Beets Peas & Carrots Rye Bread Pears Apple Juice Calories 560 Sodium 670	Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 760 Sodium 616