


May 2025

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)</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>Roast Beef & Provolone Cheese (349) Balsamic Vinaigrette Pasta Salad (14) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Fruit (0) Mayo (4)</p> <p>Calories 816 Sodium 745</p>	<p>Vegetarian Chef Salad (493) Broccoli Feta Orzo Salad (140) Wheat Dinner Roll (180) Peaches (8)</p> <p>Calories 644 Sodium 976</p>
5	6	7	8	9
<p>Mediterranean Tortellini Salad (556) Roman Blend Salad (90) Wheat Dinner Roll (180) Pineapple (9)</p> <p>Calories 650 Sodium 990</p>	<p>Tuna Salad (241) Tri-Color Pasta Salad (59) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Fruited Diet Gelatin (10)</p> <p>Calories 733 Sodium 759</p>	<p>Roast beef & Provolone Cheese (349) Barley Raisin Salad (129) Tomato Zucchini Salad (60) Multigrain Bread (300) Fresh fruit (0) Mayo (4)</p> <p>Calories 811 Sodium 968</p>	<p>Chicken Salad (121) Orzo Vegetable Salad (14) Broccoli Slaw (145) Multigrain Bread (300) Yogurt (80)</p> <p>Calories 764 Sodium 785</p>	<p>Turkey & Swiss Cheese (470) Israeli Couscous Salad (42) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4)</p> <p>Calories 761 Sodium 866</p>
12	13	14	15	16
<p>Egg Salad (130) Ziti Broccoli Salad (48) Squash, Zucchini & Red Onion (6) Multigrain Bread (300) Sugar cookie (70)</p> <p>Calories 699 Sodium 679</p>	<p>Turkey Salad (123) Potato Salad (100) Summer Squash Salad (42) Multigrain Bread (300) Mixed Fruit (3)</p> <p>Calories 762 Sodium 694</p>	<p>Chicken Caesar Salad (357) Root Vegetable Salad (86) Wheat Dinner Roll (180) Pears (5)</p> <p>Calories 604 Sodium 783</p>	<p>Tuna Salad (241) Italian Pasta Salad (138) Spinach w/Mandarin Orange (144) Wheat Bread (180) Diet Chocolate Pudding (144)</p> <p>Calories 782 Sodium 972</p>	<p>Roast Beef & Provolone Cheese (349) Corn Salad (185) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Fruit (0) Mayo (4)</p> <p>Calories 836 Sodium 916</p>
19	20	21	22	23
<p>Asian Chicken Salad (147) Lo Mien Pasta Salad (101) Broccoli Slaw (145) Multigrain Bread (300) Lorna Doone Cookies (100)</p> <p>Calories 745 Sodium 918</p>	<p>Egg Salad (130) Greek Pasta Salad (182) Cauliflower Carrot Salad (96) Multigrain Bread (300) Diet Vanilla Pudding w/Topping (144)</p> <p>Calories 654 Sodium 977</p>	<p>Mediterranean Turkey Pasta Salad (518) Roman Blend Salad (90) Garlic Dinner Roll (122) Fresh Fruit (0)</p> <p>Calories 698 Sodium 898</p>	<p>Roast Beef & Provolone Cheese (349) Potato Salad (100) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4)</p> <p>Calories 854 Sodium 817</p>	<p>Italian Tuna Salad (502) Macaroni Salad (138) Riviera Salad (92) Wheat Bread (180) Pears (5)</p> <p>Calories 854 Sodium 1041</p>
26	27	28	29	30
<p>Holiday No Meals</p>	<p>Chicken Salad (121) Greek Pasta Salad (182) Broccoli Tomato Salad (64) Wheat Bread (180) Fresh Fruit (0)</p> <p>Calories 693 Sodium 674</p>	<p>Egg Salad (130) Barley Raisin Salad (129) Carrot Pineapple Salad (97) Multigrain Bread (300) Gingersnaps (105)</p> <p>Calories 799 Sodium 886</p>	<p>Chef Salad w/ Tuna (463) Root Vegetable Salad (86) Snack n' Loaf (120) Yogurt (80)</p> <p>Calories 743 Sodium 904</p>	<p>Ham & Swiss Cheese (545) Balsamic Vinaigrette Pasta Salad (14) Coleslaw (45) Wheat Bread (180) Tropical Fruit (3) Mustard (55)</p> <p>Calories 756 Sodium 965</p>