

June 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Ketchup Calories 639 Sodium 834 Carb 79	Chicken & Rice Bake Green Beans Apple Cinnamon Grahams Calories 582 Sodium 643 Carb 60	Beef Sloppy Joe Sweet Potato Tots Zucchini & Red Pepper Fresh Fruit Calories 618 Sodium 622 Carb 64	Chicken Fajitas White Rice Brussels Sprouts Pears Calories 683 Sodium 493 Carb 68	Mixed Bean & Veg Stew Cauliflower Oatmeal Raisin Cookie Calories 546 Sodium 960 Carb 83
9	10	11	12	13
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Diet Gelatin w/Topping Calories 573 Sodium 750 Carb 70	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Fresh Fruit Calories 617 Sodium 694 Carb 84	Beef Stroganoff Egg Noodles Brussels Sprouts Brownie Calories 679 Sodium 561 Carb 74	Turkey Pot Pie Harvard Beets Mandarin Oranges Calories 556 Sodium 843 Carb 67	Lasagna w/Tomato Sauce Italian Green Beans Peaches Calories 515 Sodium 753 Carb 67
16	17	18	19	20
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit Calories 692 Sodium 486 Carb 66	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Chocolate Chip Cookie Calories 662 Sodium 666 Carb 68	Lentil Stew Root Vegetables Diet Gelatin w/ Topping Calories 522 Sodium 309 Carb 70	Holiday No Meals	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Tropical Fruit Calories 715 Sodium 763 Carb 53
23	24	25	26	27
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Tropical Fruit Calories 632 Sodium 744 Carb 65	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Oatmeal Raisin Cookie Calories 774 Sodium 667 Carb 75	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit Calories 628 Sodium 506 Carb 76	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Calories 607 Sodium 783 Carb 64	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Diet Gelatin w/Topping Calories 603 Sodium 458 Carb 63
30				
Mixed Bean & Veg Stew Cauliflower Applesauce Calories 512 Sodium 899 Carb 83			Menu Subject to change. Totals Include 110mg sodium for milk and 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