

June 2025

Mystic Valley Elder Services

Trio *Chopped / Ground*

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Macaroni & Cheese Broccoli Applesauce Sysco Shake Calories 1022 Sodium 1151	Chicken & Rice Bake Green Beans Tapioca Pudding w/Topping Sysco Shake Calories 872 Sodium 968	Beef Sloppy Joe Sweet Potato Tots Spinach Gelatin w/Topping Sysco Shake Calories 762 Sodium 721	Chicken Fajitas Rice & Beans w/Tomato Sauce Brussels Sprouts Pears Sysco Shake Calories 962 Sodium 622	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake Calories 692 Sodium 958
9	10	11	12	13
Honey Mustard Chicken Whipped Sweet Potatoes Jardinière Style Blend Chocolate Pudding w/Topping Sysco Shake Calories 948 Sodium 1007	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Applesauce Sysco Shake Calories 797 Sodium 845	Beef Stroganoff OVER Egg Noodles Brussels Sprouts Gelatin w/Topping Sysco Shake Calories 822 Sodium 557	Turkey Pot Pie Harvard Beets Mandarin Oranges Sysco Shake Calories 756 Sodium 938	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake Calories 715 Sodium 848
16	17	18	19	20
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake Calories 862 Sodium 594	Lemon Chicken w/Peas OVER Buttered Noodles Spring Blend Vegetables Gelatin w/ topping Sysco Shake Calories 799 Sodium 704	Lentil Stew Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 897 Sodium 546	Holiday No Meals	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Mixed Fruit Sysco Shake Calories 915 Sodium 858
23	24	25	26	27
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Mixed Fruit Sysco Shake Calories 949 Sodium 895	Potato Pollock, lemon wedge Buttered Noodles Broccoli & Cauliflower Gelatin w/Topping Sysco Shake Calories 920 Sodium 698	Chicken Meatballs w/ Tomato Basil Wine Sauce OVER Penne Pasta Italian Vegetable Blend Pears Sysco Shake Calories 814 Sodium 605	Broccoli Egg Bake Home Fries Stewed Tomatoes Applesauce Sysco Shake Calories 962 Sodium 1089	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake Calories 1025 Sodium 751
30				
Mixed Bean & Veg Stew Cauliflower Applesauce Sysco Shake Calories 712 Sodium 994			Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine. Items altered and prepared to texture ordered.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303