

June 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Burger Corn Broccoli Hamburger Bun Applesauce Calories 609 Sodium 804	Chicken Souvlaki OVER Orzo Green Beans Multigrain Bread Apple Cinnamon Grahams Calories 794 Sodium 882	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange Calories 705 Sodium 806	Chicken Fajitas Rice & Beans Brussels Sprouts Tortilla Pears Calories 847 Sodium 697	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Calories 606 Sodium 1020
9	10	11	12	13
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Multigrain Bread Gelatin w/Topping Calories 613 Sodium 870	Pollock w/Scampi Sauce Orzo Pilaf Riviera Blend Rye Bread Fresh Fruit Calories 671 Sodium 926	Pot Roast w/Brown Gravy Egg Noodles Brussels Sprouts Wheat Bread Brownie Calories 725 Sodium 560	Turkey Pot Pie Harvard Beets Mandarin Oranges Whole wheat dinner roll Calories 616 Sodium 993	Orzo w/ Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches Calories 667 Sodium 525
16	17	18	19	20
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 752 Sodium 546	Lemon Chicken w/Peas Quinoa Pilaf Spring Blend Vegetables Dinner Roll Chocolate Chip Cookie Calories 722 Sodium 816	Lentil Stew Root Vegetables Oat Bread Gelatin w/Topping Calories 622 Sodium 394	Holiday No Meals	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Tropical Fruit Calories 755 Sodium 883
23	24	25	26	27
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Wheat Bread Tropical Fruit Calories 692 Sodium 804	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Calories 814 Sodium 787	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Calories 688 Sodium 656	Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce Calories 622 Sodium 1102	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Dinner Roll Gelatin w/Topping Calories 711 Sodium 644
30				
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 629 Sodium 1167			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