

June 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Apple Juice Ketchup Calories 597 Sodium 712	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672	Sloppy Joe Sweet Potato Tots Zucchini and red pepper Hamburger Roll Fresh Fruit Cranberry Juice Calories 702 Sodium 714	Chicken Fajitas White Rice Brussels Sprouts Tortilla Pears Apple Juice Calories 710 Sodium 543	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 578 Sodium 930
9	10	11	12	13
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Wheat Bread Gelatin w/Topping Apple Juice Calories 606 Sodium 720	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 640 Sodium 767	Beef Stroganoff Egg Noodles Brussels Sprouts Wheat Bread Brownie Apple Juice Calories 711 Sodium 531	Turkey Pot Pie Harvard beets Mandarin Oranges Whole wheat dinner roll Apple Juice Calories 500 Sodium 855	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764
16	17	18	19	20
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 725 Sodium 456	Lemon Chicken w/Peas Quinoa Pilaf-36 Summer/Spring Veggies Dinner Roll Chocolate Chip Cookie Cranberry Juice Calories 708 Sodium 676	Lentil Stew Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 610 Sodium 302	Holiday No Meals	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Tropical Fruit Apple Juice Calories 727 Sodium 792
23	24	25	26	27
Chicken Marsala Buttered Noodles Green Beans Wheat Bread Tropical Fruit Apple Juice Calories 746 Sodium 592	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 787 Sodium 697	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice Calories 683 Sodium 565	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce Apple Juice Calories 619 Sodium 813	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Dinner Roll Gelatin w/Topping Apple Juice Calories 633 Sodium 470
30				
Mixed Bean & Veg Stew Brussels sprouts Wheat Bread Applesauce Cranberry Juice Calories 560 Sodium 867			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