

July 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.	Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Calories 613 Sodium 513 Carb 76	Chicken Meatballs w/ Beef Gravy Ziti Pasta Riviera Blend Peaches Calories 603 Sodium 468 Carb 69	American Chop Suey Broccoli Gelatin w/ Topping Calories 558 Sodium 387 Carb 45	Holiday No Meals
7	8	9	10	11
Chicken a l'orange Lo Mein noodles Stir fry veggies Oatmeal Raisin Cookie Calories 667 Sodium 597 Carb 71	Beef Chili Brown Rice Zucchini & Cauliflower Pears Calories 563 Sodium 527 Carb 74	Chicken Diane Seasoned orzo California Blend Lorna Doones Calories 660 Sodium 649 Carb 73	Roasted Turkey w/Gravy White rice Root Vegetables Fresh Fruit Calories 508 Sodium 842 Carb 69	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Applesauce Calories 536 Sodium 722 Carb 72
14	15	16	17	18
Cheese Omelet Sausage Patty O'Brien Potatoes Stewed Tomatoes Orange Calories 561 Sodium 902 Carb 58	Ziti Pasta Bruschetta Sauce Chicken meatballs (3) Tuscany Blend Peaches Calories 596 Sodium 499 Carb 70	Pork w/Apples Roasted Sweet Potatoes Green Beans Gelatin w/Topping Calories 746 Sodium 712 Carb 64	Chicken w/Sauté Vegetables Jasmine Coconut Rice Pineapple Calories 620 Sodium 539 Carb 66	Meatloaf w/gravy Buttered Noodles Peas & Carrots Chocolate Chip Cookie Calories 771 Sodium 529 Carb 71
21	22	23	24	25
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Applesauce Calories 557 Sodium 861 Carb 68	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Lorna Doones Calories 811 Sodium 786 Carb 92	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping Calories 616 Sodium 388 Carb 67	Swedish Chicken Meatballs Buttered Noodles Brussels Sprouts Mixed Fruit Calories 645 Sodium 509 Carb 73	Chicken Stew Green Beans Fresh Fruit Calories 532 Sodium 551 Carb 66
28	29	30	31	
Dijon Pork Brown Rice Root Vegetables Peaches Calories 666 Sodium 530 Carb 77	Chicken Souvlaki Seasoned Orzo Spring summer blend veg Applesauce Calories 711 Sodium 755 Carb 71	Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Fresh Fruit Calories 504 Sodium 461 Carb 69	Shepherd's Pie Jardiniere Vegetables Tropical Fruit Calories 670 Sodium 424 Carb 96	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 