

July 2025

Mystic Valley Elder Services

Trio HDM Chilled

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 July 4 th Special	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)	Italian Garden Veg Soup (142) Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 759 Sodium 716	Macaroni & Cheese (694) Riviera Blend Veg (8) Multigrain Bread (150) Peaches (8) Calories 822 Sodium 1016	BBQ chicken (662) Corn (1) Cole slaw (45) Wheat dinner roll (180) Strawberry shortcake (312) High Sodium Meal Calories 800 Sodium 1355	Holiday No Meals
7	8	9	10	11
Sweet & Sour Chicken Meatballs (484) Lo Mein Noodles (58) Stir fry vegetables (6) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 837 Sodium 1048	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Cupcake (170) Calories 829 Sodium 804	Cr Butternut Sq Soup (103) Roasted Turkey w/ Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat Bread (90) Fresh Fruit (1) Calories 797 Sodium 1067	Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14) Calories 596 Sodium 782
14	15	16	17	18
Cheese Omelet (210) Sausage Patty (217) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (90) Orange (0) Calories 621 Sodium 962	Lentil Spinach Soup (139) Lasagna Roll w/ Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 659 Sodium 1039	Pork w/ Apples (439) Roasted sweet potatoes (53) Green Beans (3) Whole Wheat Roll (180) Chocolate Pudding w/Topping (195) Calories 980 Sodium 1024	Chicken w/Sauté Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Pineapple (9) Calories 660 Sodium 659	Meatloaf w/ Gravy (168) Cheddar Mashed Potatoes (94) Peas & Carrots (82) Wheat Dinner Roll (180) Chocolate Chip Cookie (60) Calories 895 Sodium 739
21	22	23	24	25
Chicken Cacciatore (644) Cavatappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) Calories 597 Sodium 981	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Rye Bread (150) Fig Bar (149) Calories 853 Sodium 954	Beef Burgundy (104) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Vanilla Pudding w/Topping (174) Calories 865 Sodium 665	Tuscan Soup (257) Swedish Chicken Meatballs (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Mixed Fruit (3) Calories 792 Sodium 825	White Bean and Spinach Stew (753) Green Beans (3) Whole Wheat Dinner Roll (180) Fresh Fruit (1) Calories 641 Sodium 1092
28	29	30	31	
Old Neighborhood Hot Dog (540) Baked Beans (140) Root Vegetables (34) Hot dog roll (210) Peaches (8) Relish (81) Calories 811 Sodium 1168	Cream of Mushroom Soup (196) Chicken Souvlaki (456) Seasoned Orzo (32) Spring summer blend veg (68) Wheat Bread (90) Brownie (132) Calories 891 Sodium 1130	Stuffed Shells w/Tomato sauce (592) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 584 Sodium 905	Beef Shepherd's Pie (208) Jardiniere Style Veg (32) Whole Wheat Dinner Roll (180) Tapioca pudding w/topping (195) Calories 816 Sodium 769	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 