

July 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in margarine  an elior company	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 673 Sodium 573	Chicken Meatballs, Ziti w/ Gravy Riviera Blend Multigrain Bread Peaches Calories 659 Sodium 578	American Chop Suey Broccoli Oat Bread Lorna Doones Calories 757 Sodium 540	Holiday No Meals
7	8	9	10	11
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Oatmeal raisin Cookie Calories 762 Sodium 928	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Calories 623 Sodium 677	Chicken Diane Seasoned orzo California Blend Oat Bread Cupcake Calories 829 Sodium 804	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Calories 650 Sodium 995	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce Calories 596 Sodium 782
14	15	16	17	18
Turkey Burger O'Brien Potatoes Stewed Tomatoes Hamburger Bun Orange Calories 620 Sodium 1019	Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches Calories 688 Sodium 602	Pork with Apples Roasted Sweet Potatoes Green Beans Wheat Dinner Roll Gelatin w/Topping Calories 806 Sodium 862	Chicken w/Sauté Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Calories 632 Sodium 682	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 831 Sodium 679
21	22	23	24	25
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 597 Sodium 981	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Calories 851 Sodium 906	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 690 Sodium 524	Chicken Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 802 Sodium 649	White Bean and Spinach Stew Green Beans Wheat Dinner Roll Fresh Fruit Calories 641 Sodium 1092
28	29	30	31	
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches Relish Calories 811 Sodium 1168	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Brownie Calories 829 Sodium 933	Ziti w/ Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 729 Sodium 551	Shepherd's Pie Jardiniere Vegetables Wheat bread Lorna Doones Calories 806 Sodium 674	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303