

July 2025

Mystic Valley Elder Services

Trio Renal

| Monday                                                                                                                                                               | Tuesday                                                                                                                                           | Wednesday                                                                                                                                          | Thursday                                                                                                                                 | Friday                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                      | 1                                                                                                                                                 | 2                                                                                                                                                  | 3                                                                                                                                        | 4                                                                                                                                                  |
| Menu Subject to change.<br>Include 30 mg sodium for Margarine.<br>                  | Chicken Scallopini<br>Buttered Noodles<br>Green Beans<br>Wheat Bread<br>Fresh Fruit      Apple Juice<br>Calories 645 Sodium 483                   | Chicken Meatballs<br>Ziti Pasta w/ Gravy<br>Riviera Blend<br>Multigrain Bread<br>Peaches      Apple Juice<br>Calories 615 Sodium 497               | American Chop Suey<br>Broccoli<br>Wheat Bread<br>Gelatin w/ Toppin<br>Cranberry Juice<br>Calories 647 Sodium 405                         | Holiday<br>No Meals                                                                                                                                |
| 7                                                                                                                                                                    | 8                                                                                                                                                 | 9                                                                                                                                                  | 10                                                                                                                                       | 11                                                                                                                                                 |
| Chicken a l'orange<br>Lo mein noodles<br>Stir fry veggies<br>Oatmeal Raisin Cookie<br>Multigrain Bread<br>Apple Juice<br>Calories 679 Sodium 627                     | Beef Chili<br>Brown Rice<br>Zucchini & Cauliflower<br>Wheat Dinner Roll<br>Pears<br>Cranberry Juice<br>Calories 612 Sodium 585                    | Chicken Diane<br>Seasoned orzo<br>California Blend<br>Oat Bread<br>Lorna Doones<br>Apple Juice<br>Calories 732 Sodium 644                          | Roasted Turkey w/Gravy<br>Mashed Potatoes<br>Root Vegetables<br>Wheat Bread<br>Fresh Fruit<br>Apple Juice<br>Calories 653 Sodium 874     | Pollock "catch of the day"<br>Newburg Sauce<br>Herbed Rice<br>Roman Blend<br>Wheat Bread<br>Applesauce      Apple Juice<br>Calories 569 Sodium 691 |
| 14                                                                                                                                                                   | 15                                                                                                                                                | 16                                                                                                                                                 | 17                                                                                                                                       | 18                                                                                                                                                 |
| Cheese Omelet<br>Sausage Patty<br>O'Brien Potatoes<br>Red Peppers, Mushrooms, & Onions<br>Fresh Fruit<br>Wheat Bread      Cranberry Juice<br>Calories 585 Sodium 700 | Cheese Lasagna Roll w/Sauce<br>Tuscany Blend<br>Garlic Dinner Roll<br>Peaches<br>Cranberry Juice<br>Calories 508 Sodium 808                       | Pork w/Apples<br>Whipped Sweet Potatoes<br>Green Beans<br>Wheat Bread<br>Gelatin w/ Topping<br>Cranberry Juice<br>Calories 778 Sodium 655          | Chicken w/Sauté Vegetables<br>Jasmine Coconut Rice<br>Multigrain Bread<br>Pineapple<br>Apple Juice<br>Calories 632 Sodium 569            | Meatloaf w/ gravy<br>Buttered Noodles<br>Peas & Carrots<br>Wheat Dinner Roll<br>Chocolate Chip Cookie<br>Apple Juice<br>Calories 803 Sodium 589    |
| 21                                                                                                                                                                   | 22                                                                                                                                                | 23                                                                                                                                                 | 24                                                                                                                                       | 25                                                                                                                                                 |
| Chicken Cacciatore<br>Cavatappi Pasta<br>Broccoli & Cauliflower<br>Multigrain Bread<br>Applesauce<br>Apple Juice<br>Calories 569 Sodium 891                          | Potato Pollock w/lemon wedge<br>Whipped Sweet Potatoes<br>Peas & Mushrooms<br>Rye Bread<br>Lorna Doones<br>Apple Juice<br>Calories 823 Sodium 815 | Beef Burgundy<br>Buttered Seasoned Orzo<br>Root Vegetables<br>Multigrain Bread<br>Gelatin w/ Topping<br>Cranberry Juice<br>Calories 644 Sodium 416 | Swedish Chicken Meatballs<br>Egg Noodles<br>Brussels Sprouts<br>Wheat Bread<br>Mixed Fruit<br>Cranberry Juice<br>Calories 693 Sodium 476 | Chicken Stew<br>Green Beans<br>Wheat Bread<br>Fresh Fruit<br>Cranberry Juice<br>Calories 581 Sodium 518                                            |
| 28                                                                                                                                                                   | 29                                                                                                                                                | 30                                                                                                                                                 | 31                                                                                                                                       |                                                                                                                                                    |
| Dijon Pork<br>Brown Rice<br>Root Vegetables<br>Wheat Bread<br>Peaches      Apple Juice<br>Calories 698 Sodium 500                                                    | Chicken Souvlaki<br>Seasoned Orzo<br>Spring summer blend<br>Wheat Bread<br>Applesauce      Apple Juice<br>Calories 744 Sodium 725                 | Stuffed Shells w/ Red Pepper Sauce<br>Roman Blend Vegetables<br>Garlic Dinner Roll<br>Fresh Fruit<br>Apple Juice<br>Calories 508 Sodium 475        | Shepherd's Pie<br>Jardiniere Style vegetables<br>Wheat Bread<br>Tropical Fruit<br>Apple Juice<br>Calories 723 Sodium 394                 | Note: To cancel your meal, please call<br>Mystic Valley Nutrition at least one<br>day in advance before 11:30 AM:<br>781-388-2303                  |