

August 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals Include 110mg sodium for milk and 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			Chicken w/Orange Sauce White Rice Zucchini & Tomatoes Mandarin Oranges Calories 549 Sodium 563 Carb 69
4	5	6	7	8
Lentil Stew w/ shredded mozz cheese Root Vegetables Cauliflower Chocolate Chip Cookie Calories 668 Sodium 514 Carb 83	Chicken Stir Fry Brown Rice Fresh Fruit Calories 547 Sodium 651 Carb 69	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Gelatin w/ Topping Calories 524 Sodium 558 Carb 54	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Calories 574 Sodium 640 Carb 76	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Apple Slices w/cinnamon Calories 584 Sodium 874 Carb 82
11	12	13	14	15
Ziti w/ Red Pepper Sauce Chicken meatballs Green Beans Mixed Fruit Calories 561 Sodium 902 Carb 58	BBQ Pulled Pork Root Vegetables California Blend Vegetables Hamburger Bun Peaches Calories 708 Sodium 911 Carb 74	Greek Chicken Seasoned Orzo Riviera Blend Veg Watermelon Calories 629 Sodium 706 Carb 75	Black Bean & Barley Chili Fiesta Blend Veg Fresh Fruit Calories 665 Sodium 875 Carb 104	Meatloaf w/Mushroom Gravy Cauliflower Root Vegetables Lorna Doone Cookies Calories 713 Sodium 586 Carb 52
18	19	20	21	22
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Cheese Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 838 Sodium 764 Carb 90	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Mandarin Oranges Calories 544 Sodium 597 Carb 60	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Lorna Doones Calories 716 Sodium 688 Carb 66	Pot Roast w/Gravy Harvard Beets Peas & Carrots Pears Calories 547 Sodium 641 Carb 62	Chicken a la King Buttered noodles Tuscany Blend Fresh Fruit Calories 747 Sodium 586 Carb 83
25	26	27	28	29
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Ketchup Calories 639 Sodium 834 Carb 79	Chicken & Rice Bake Green Beans Apple Cinnamon Grahams Calories 582 Sodium 643 Carb 60	Beef Sloppy Joe Sweet Potato Tots Zucchini & Red Pepper Fresh Fruit Hamburger Bun Calories 704 Sodium 697 Carb 79	Chicken Fajitas White Rice Onions & Peppers Mandarin Oranges Tortilla Calories 693 Sodium 563 Carb 80	Mixed Bean & Veg Stew Cauliflower Oatmeal Raisin Cookie Calories 546 Sodium 960 Carb 83