

August 2025

Mystic Valley Elder Services

Trio HDM Chilled

| Monday                                                                                                                                                                                             | Tuesday                                                                                                                                                                        | Wednesday                                                                                                                                                                             | Thursday                                                                                                                                                                              | Friday                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                    |                                                                                                                                                                                |                                                                                                                                                                                       |                                                                                                                                                                                       | 1                                                                                                                                                                                      |
| Menu Subject to change.<br><br>Totals Include 110mg sodium for milk<br>and 30 mg sodium for Margarine.<br>Individual Sodium amount in ( _ )                                                        | <b>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</b>                                    |                                                                                                    |                                                                                                                                                                                       | Macaroni & Cheese (694)<br>Zucchini & Tomatoes (64)<br>Wheat Bread (90)<br>Mandarin Oranges (7)<br><br><b>Calories 751 Sodium 921</b>                                                  |
| 4                                                                                                                                                                                                  | 5                                                                                                                                                                              | 6                                                                                                                                                                                     | 7                                                                                                                                                                                     | 8                                                                                                                                                                                      |
| Lentil Stew (218)<br>Italian Roasted White potatoes (6)<br>Cauliflower (17)<br>Dinner Roll (180)<br>Choc Chip Cookie (60)<br><br><b>Calories 709 Sodium 456</b>                                    | Chicken Stir Fry (460)<br>Fried Rice (262)<br>Wheat Bread (90)<br>Fresh Fruit (1)<br><br><b>Calories 471 Sodium 878</b>                                                        | Spinach & Red Pepper Frittata (300)<br>Red Bliss Potatoes (24)<br>Brussels Sprouts (17)<br>Oat Bread (115)<br>Yogurt (75)<br><br><b>Calories 537 Sodium 570</b>                       | Mixed Bean w/Chicken Soup (215)<br>Pollock w/Dijon Wine Sauce (465)<br>Cous Cous (5)<br>Peas and Pearl Onions (76)<br>Wheat Bread (90)<br>Pears (5)<br><b>Calories 710 Sodium 920</b> | Roast Turkey w/ Gravy (616)<br>Sage Bread Stuffing (283)<br>Whipped Butternut Squash (32)<br>Wheat Bread (90)<br>Apple Slices w/cinnamon (9)<br><br><b>Calories 546 Sodium 1095</b>    |
| 11                                                                                                                                                                                                 | 12                                                                                                                                                                             | 13 <b>Summer Special Meal</b>                                                                                                                                                         | 14                                                                                                                                                                                    | 15                                                                                                                                                                                     |
| Baked Ziti (744)<br>Green Beans (3)<br>Garlic Knot (134)<br>Mixed Fruit (3)<br><br><b>Calories 602 Sodium 905</b>                                                                                  | Potato Leek Soup (76)<br>BBQ Pulled Pork (442)<br>Baked Beans (140)<br>California Blend Veg (30)<br>Hamburger Bun (212)<br>Peaches (8)<br><b>Calories 736 Sodium 851</b>       | Honey Mustard Breaded Chicken<br>Sandwich (595)<br>Hamburger Roll (212)<br>Sweet potato wedges (200)<br>Coleslaw (45)<br>Watermelon (50)<br><b>Calories 672 Sodium 997</b>            | Black Bean & Barley Chili (665)<br>Fiesta Blend Veg (24)<br>Wheat Dinner Roll (180)<br>Fresh Fruit (1)<br><br><b>Calories 635 Sodium 845</b>                                          | Meatloaf w/ Mushroom Gravy (251)<br>Garlic Mashed Potatoes (48)<br>Root Vegetables (34)<br>Wheat Bread (90)<br>Chocolate Pudding w/Topping (195)<br><br><b>Calories 718 Sodium 487</b> |
| 18                                                                                                                                                                                                 | 19                                                                                                                                                                             | 20                                                                                                                                                                                    | 21                                                                                                                                                                                    | 22                                                                                                                                                                                     |
| Chicken Meatball Sub w/<br>Provolone Cheese (562)<br>Italian Roasted White Potatoes (6)<br>Italian Blend Vegetables (19)<br>Sub Roll (218)<br>Tropical Fruit (3)<br><b>Calories 800 Sodium 964</b> | Broccoli & Mushroom Frittata (363)<br>O'Brien Potatoes (39)<br>Stewed Tomatoes (251)<br>Wheat Bread (90)<br>Mandarin Oranges (7)<br><br><b>Calories 614 Sodium 905</b>         | Potato Pollock, lemon wedge (337)<br>Root Vegetables (34)<br>Roman Blend Veg (33)<br>Wheat Dinner Roll (180)<br>Vanilla Pudding w/Topping (174)<br><br><b>Calories 852 Sodium 912</b> | Minestrone Soup (261)<br>Pot Roast w/Gravy (131)<br>Mashed Potatoes (68)<br>Peas & Carrots (82)<br>Rye Bread (150)<br>Cupcake (170)<br><b>Calories 963 Sodium 1018</b>                | Chicken a la King (319)<br>Buttered noodles (35)<br>Tuscany Blend Veg (47)<br>Multigrain Bread (150)<br>Fresh Fruit (1)<br><br><b>Calories 787 Sodium 706</b>                          |
| 25                                                                                                                                                                                                 | 26                                                                                                                                                                             | 27                                                                                                                                                                                    | 28                                                                                                                                                                                    | 29                                                                                                                                                                                     |
| Macaroni & Cheese (694)<br>Broccoli (12)<br>Wheat Dinner Roll (180)<br>Applesauce (14)<br><br><b>Calories 732 Sodium 876</b>                                                                       | Cream of Tomato Soup (245)<br>Chicken & Rice Bake (369)<br>Green Beans (3)<br>Multigrain Bread (150)<br>Tapioca Pudding w/Topping (195)<br><br><b>Calories 778 Sodium 1117</b> | Beef Sloppy Joe (174)<br>Sweet Potato Tots (120)<br>Spinach (145)<br>Hamburger Roll (212)<br>Fresh Orange (0)<br><br><b>Calories 635 Sodium 806</b>                                   | Chicken Fajitas (84)<br>Rice & Beans (69)<br>Onions & Peppers (108)<br>Tortilla (170)<br>Mandarin Oranges (7)<br><br><b>Calories 771 Sodium 593</b>                                   | Mixed Bean & Veg Stew (683)<br>Cauliflower (17)<br>Wheat Bread (90)<br>Fig Bar (149)<br><br><b>Calories 673 Sodium 1094</b>                                                            |