

August 2025 Mystic Valley Elder Services Trio *Chopped / Ground/ Puree*

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine. Items altered and prepared to texture ordered.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303			Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake Calories 981 Sodium 1046
4	5	6	7	8
Lentil Stew w/ mozz cheese Italian Roasted white Potatoes Cauliflower Vanilla Pudding w/Topping Sysco Shake Calories 1080 Sodium 695	Chicken Stir Fry Fried Rice Mixed Fruit Sysco Shake Calories 683 Sodium 1005	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake Calories 767 Sodium 695	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Sysco Shake Calories 774 Sodium 735	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake Calories 776 Sodium 1220
11	12	13	14	15
Baked Ziti Green Beans Mixed Fruit Sysco Shake Calories 832 Sodium 1030	BBQ Pulled Pork Baked Beans California Blend Veg Peaches Sysco Shake Calories 878 Sodium 900	Greek Chicken Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake Calories 826 Sodium 832	Black Bean & Barley Chili Fiesta Blend Veg Applesauce Sysco Shake Calories 835 Sodium 983	Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake Calories 1169 Sodium 807
18	19	20	21	22
Chicken Meatballs w/ Tomato Sauce Pasta Italian Blend Veg Mixed Fruit Sysco Shake Calories 823 Sodium 871	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Mandarin Oranges Sysco Shake Calories 754 Sodium 940	Potato Pollock, lemon wedge Root Vegetables Roman Blend Vanilla Pudding w/Topping Sysco Shake Calories 992 Sodium 857	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake Calories 884 Sodium 566	Chicken a la King Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake Calories 918 Sodium 712
25	26	27	28	29
Macaroni & Cheese Broccoli Applesauce Sysco Shake Calories 962 Sodium 1001	Chicken & Rice Bake Green Beans Tapioca Pudding w/Topping Sysco Shake Calories 832 Sodium 848	Beef Sloppy Joe Sweet Potato Tots Spinach Gelatin w/Topping Sysco Shake Calories 792 Sodium 751	Chicken Fajitas Rice & Beans w/ Tomato Sauce Onions & Peppers Mandarin Oranges Sysco Shake Calories 938 Sodium 788	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake Calories 722 Sodium 988