

August 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in 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 Breast w/Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Calories 642 Sodium 622
4	5	6	7	8
Lentil Stew Italian Roasted white Potatoes Cauliflower Whole Wheat Dinner Roll Choc Chip Cookie Calories 712 Sodium 476	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit Calories 561 Sodium 968	Chicken w /Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping Calories 668 Sodium 621	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Calories 634 Sodium 700	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Calories 606 Sodium 1155
11	12	13	14	15
Ziti w/Tomato Sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Calories 717 Sodium 863	BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Peaches Calories 767 Sodium 987	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Watermelon Calories 677 Sodium 652	Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit Calories 725 Sodium 1025	Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones Calories 953 Sodium 677
18	19	20	21	22
Chicken Meatball Sub w/ Tomato Sauce Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 699 Sodium 844	Chicken w/ Onion Gravy O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 572 Sodium 864	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Dinner Roll Lorna Doones Calories 776 Sodium 838	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 724 Sodium 591	Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Calories 749 Sodium 787
25	26	27	28	29
Turkey Burger Corn Broccoli Hamburger Bun Applesauce Calories 609 Sodium 804	Chicken Souvlaki Orzo Green Beans Multigrain Bread Apple Cinnamon Grahams Calories 794 Sodium 882	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange Calories 705 Sodium 806	Chicken Fajitas Rice & Beans Onions & Peppers Tortilla Mandarin Oranges Calories 772 Sodium 597	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Calories 606 Sodium 1020