

August 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Include 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 Wheat Bread Mandarin Oranges Apple Juice Calories 581 Sodium 533
4	5	6	7	8
Lentil Stew w/ shredded mozz cheese Root Vegetables Cauliflower Dinner Roll Chocolate Chip Cookie Cranberry Juice Calories 716 Sodium 571	Chicken Stir Fry Brown Rice Wheat Bread Fresh Fruit Apple Juice Calories 579 Sodium 621	Spinach & Red Pepper Frittata Root Vegetables Brussels Sprouts Oat Bread Gelatin w/ Topping Cranberry Juice Calories 603 Sodium 561	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Apple Juice Calories 607 Sodium 610	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Cranberry Juice Calories 632 Sodium 842
11	12	13	14	15
Ziti w/ Red Pepper sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Cranberry Juice Calories 717 Sodium 431	BBQ Pulled Pork Root Vegetables California Blend Veg Hamburger Bun Peaches Cranberry Juice Calories 667 Sodium 789	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Watermelon Apple Juice Calories 662 Sodium 678	Black Bean & Barley Chili Fiesta Blend Wheat Bread Fresh Fruit Cranberry Juice Calories 714 Sodium 843	Meatloaf w/Mushroom Gravy Cauliflower Root Vegetables Wheat Bread Lorna Doones Cranberry Juice Calories 762 Sodium 554
18	19	20	21	22
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Cheese Onions & Peppers Italian Blend Vegetables Sub Roll Tropical Fruit Calories 684 Sodium 690	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Cranberry Juice Calories 593 Sodium 565	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Bread Lorna Doones Apple Juice Calories 749 Sodium 658	Pot Roast w/Gravy Harvard Beets Peas & Carrots Rye Bread Pears Apple Juice Calories 560 Sodium 670	Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 760 Sodium 616
25	26	27	28	29
Turkey Burger on Hamburger Roll Corn Broccoli Applesauce Apple Juice Ketchup Calories 597 Sodium 712	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672	Sloppy Joe Sweet Potato Tots Zucchini and red pepper Hamburger Roll Fresh Fruit Cranberry Juice Calories 668 Sodium 576	Chicken Fajitas White Rice Onions & Peppers Tortilla Mandarin Oranges Apple Juice Calories 635 Sodium 443	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 578 Sodium 930