

August 2025

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
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Menu Subject to change. Totals Include 110mg sodium for milk. Individual Sodium amount in (_)	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303			Turkey & Swiss Cheese (470) Israeli Couscous Salad (42) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 753 Sodium 880
4	5	6	7	8
Egg Salad (130) Ziti Broccoli Salad (48) Squash, Zucchini & Red Onion (6) Multigrain Bread (300) Sugar cookie (70) Calories 699 Sodium 679	Turkey Salad (123) Potato Salad (100) Summer Squash Salad (42) Multigrain Bread (300) Mixed Fruit (3) Calories 762 Sodium 694	Chicken Caesar Salad &Dressing(357) Root Vegetable Salad (86) Whole Wheat Dinner Roll (180) Pears (5) Calories 604 Sodium 783	Tuna Salad (241) Italian Pasta Salad (138) Spinach w/Mandarin Orange (144) Wheat Bread (180) Diet Chocolate Pudding w/ top (144) Calories 782 Sodium 972	Roast Beef & Provolone Cheese (349) Corn Salad (185) Cucumber Carrot Onion Salad (71) Wheat Bread (180) Fresh Orange (1) Mayo (4) Calories 836 Sodium 916
11	12	13	14	15
Asian Chicken Salad (147) Lo Mein Pasta Salad (101) Broccoli Slaw (145) Multigrain Bread (300) Lorna Doone Cookies (100) Calories 745 Sodium 918	Egg Salad (130) Greek Pasta Salad (182) Cauliflower Carrot Salad (96) Multigrain Bread (300) Diet Vanilla Pudding w/Topping (144) Calories 654 Sodium 977	Mediterranean Turkey Pasta Salad (518) Roman Blend Salad (90) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 698 Sodium 898	Roast Beef & Provolone Cheese (349) Potato Salad (100) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 854 Sodium 817	Italian Tuna Salad (502) Macaroni Salad (138) Riviera Salad (92) Wheat Bread (180) Pears (5) Calories 854 Sodium 1041
18	19	20	21	22
Turkey & Swiss Cheese (470) Sweet Potato Salad (60) Cauliflower Carrot Salad (96) Multigrain Bread (300) Mixed Fruit (3) Mayo (4) Calories 696 Sodium 1058	Chef Salad w/ Tuna w/ Dressing (463) Root Vegetable Salad (86) Snack n' Loaf (120) Yogurt (80) Calories 743 Sodium 904	Chicken Salad (121) Greek Pasta Salad (182) Broccoli Tomato Salad (64) Wheat Bread (180) Fresh Fruit (1) Calories 693 Sodium 674	Egg Salad (130) Barley Raisin Salad (129) Carrot Pineapple Salad (97) Multigrain Bread (300) Gingersnaps (105) Calories 799 Sodium 886	Ham & Swiss Cheese ((545) Balsamic Vinaigrette Pasta Salad (14) Coleslaw (45) Wheat Bread (180) Tropical Fruit (3) Mustard (55) Calories 756 Sodium 965
25	26	27	28	29
Tuna Salad (241) Quinoa Salad (140) Tomato Zucchini Salad (60) Wheat Bread (180) Diet Chocolate Pudding w/Top (144) Calories 596 Sodium 890	Roast Beef & Provolone Cheese (349) English Pea Salad (156) Beet Salad (143) Rye Bread (300) Applesauce (14) Mayo (4) Calories 717 Sodium 1091	Hummus (202) Quinoa Tabbouleh Salad (25) Mediterranean Salad (173) Pita Bread (322) Mandarin Oranges (7) Calories 721 Sodium 853	Turkey & Swiss Cheese (470) Pasta Vegetable Salad (142) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 927 Sodium 929	Chicken Romaine Salad w/ dressing (446) Ziti Broccoli Salad (48) Whole wheat Dinner Roll (180) Fig Bar (149) Calories 725 Sodium 977