

October 2025

Mystic Valley Elder Services

Trio Carb Controlled

| Monday                                                                                                                                                     | Tuesday                                                                                                                                                                                                               | Wednesday                                                                                                                                   | Thursday                                                                                                                       | Friday                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                            |                                                                                                                                                                                                                       | 1                                                                                                                                           | 2                                                                                                                              | 3                                                                                                                                                   |
| Menu Subject to change.<br><br>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.                                                        | <b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b><br> | Chicken Diane<br>Seasoned orzo<br>California Blend<br>Lorna Doones<br><br><b>Calories 660 Sodium 649 Carb 73</b>                            | Roasted Turkey w/Gravy<br>White rice<br>Root Vegetables<br>Fresh Fruit<br><br><b>Calories 508 Sodium 842 Carb 69</b>           | Pollock "catch of the day"<br>Newburg Sauce<br>Herbed Rice<br>Roman Blend<br>Applesauce<br><br><b>Calories 536 Sodium 722 Carb 72</b>               |
| 6                                                                                                                                                          | 7                                                                                                                                                                                                                     | 8                                                                                                                                           | 9                                                                                                                              | 10                                                                                                                                                  |
| Cheese Omelet<br>Sausage Patty<br>O'Brien Potatoes<br>Stewed Tomatoes<br>Orange<br><br><b>Calories 561 Sodium 902 Carb 58</b>                              | Ziti Pasta w/Bruschetta Sauce<br>Chicken meatballs<br>Tuscany Blend<br>Peaches<br><br><b>Calories 596 Sodium 499 Carb 70</b>                                                                                          | Pork w/ Apples<br>Roasted Sweet Potatoes<br>Green Beans<br>Gelatin w/Topping<br><br><b>Calories 746 Sodium 712 Carb 64</b>                  | Chicken w/Saute Vegetables<br>Jasmine Coconut Rice<br>Pineapple<br><br><b>Calories 620 Sodium 539 Carb 66</b>                  | Shepherd's Pie<br>Jardiniere Vegetables<br>Tropical Fruit<br><br><b>Calories 670 Sodium 424 Carb 96</b>                                             |
| 13                                                                                                                                                         | 14                                                                                                                                                                                                                    | 15                                                                                                                                          | 16                                                                                                                             | 17                                                                                                                                                  |
| Holiday<br>No Meals                                                                                                                                        | Potato Pollock w/lemon wedge<br>Whipped Sweet Potatoes<br>Peas & Mushrooms<br>Lorna Doones<br><br><b>Calories 811 Sodium 786 Carb 92</b>                                                                              | Beef Burgundy<br>Buttered Seasoned Orzo<br>Root Vegetables<br>Gelatin w/Topping<br><br><b>Calories 616 Sodium 388 Carb 62</b>               | Swedish Chicken Meatballs<br>Buttered Noodles<br>Brussels Sprouts<br>Mixed Fruit<br><br><b>Calories 645 Sodium 509 Carb 73</b> | Chicken Stew<br>Green Beans<br>Fresh Fruit<br><br><b>Calories 532 Sodium 551 Carb 66</b>                                                            |
| 20                                                                                                                                                         | 21                                                                                                                                                                                                                    | 22                                                                                                                                          | 23                                                                                                                             | 24                                                                                                                                                  |
| Dijon Pork<br>Brown Rice<br>Root Vegetables<br>Peaches<br><br><b>Calories 666 Sodium 530 Carb 77</b>                                                       | Chicken Souvlaki<br>Seasoned Orzo<br>Spring summer blend veg-38<br>Applesauce<br><br><b>Calories 711 Sodium 755 Carb 71</b>                                                                                           | Stuffed Shells<br>Red Pepper Sauce<br>Roman Blend Vegetables<br>Fresh Fruit<br><br><b>Calories 504 Sodium 461 Carb 69</b>                   | Meatloaf w/gravy<br>Buttered Noodles<br>Peas & Carrots<br>Chocolate Chip Cookie<br><br><b>Calories 771 Sodium 529 Carb 71</b>  | Chicken w/Orange Sauce<br>White Rice<br>Zucchini & Tomatoes<br>Mandarin Oranges<br><br><b>Calories 549 Sodium 563 Carb 69</b>                       |
| 27                                                                                                                                                         | 28                                                                                                                                                                                                                    | 29                                                                                                                                          | 30                                                                                                                             | 31                                                                                                                                                  |
| Lentil Stew<br>Shredded mozz cheese<br>Root Vegetables<br>Cauliflower/ Broccoli mix<br>Chocolate Chip Cookie<br><br><b>Calories 672 Sodium 511 Carb 84</b> | Chicken Stir Fry<br>Brown Rice<br>Fresh Fruit<br><br><b>Calories 547 Sodium 651 Carb 69</b>                                                                                                                           | Spinach & Red Pepper Frittata<br>Red Bliss Potatoes<br>Brussels Sprouts<br>Gelatin w/ Topping<br><br><b>Calories 524 Sodium 558 Carb 54</b> | Pollock w/Dijon Wine Sauce<br>Cous Cous<br>Peas and Pearl Onions<br>Pears<br><br><b>Calories 574 Sodium 640 Carb 76</b>        | Roast Turkey w/Gravy<br>Buttered Seasoned Orzo<br>Whipped Butternut Squash<br>Apple Slices w/cinnamon<br><br><b>Calories 584 Sodium 874 Carb 82</b> |