

October 2025

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. 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 	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Lorna Doones (100) Calories 760 Sodium 734	Roasted Turkey w/Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat bread (90) Fresh Fruit (1) Calories 680 Sodium 964	Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14) Calories 596 Sodium 782
6	7	8	9	10
Cheese Omelet (210) Pork Sausage Patty (217) O'Brien Potatoes (39) Red Peppers, Mushrooms, Onions(79) Orange (0) Wheat Bread (90) Calories 752 Sodium 546	Lasagna w/ Cheese & Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 594 Sodium 900	Pork with Apples (131) Roasted Sweet Potatoes (53) Green Beans (3) Wheat Bread (90) Gelatin w/topping (33) Calories 806 Sodium 464	Chicken w/Saute Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Pineapple (9) Calories 660 Sodium 659	Shepherd's Pie (208) Jardiniere Vegetables (32) Wheat bread (90) Tropical Fruit (3) Calories 760 Sodium 604
13	14	15	16	17
Holiday No Meals	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Wheat bread (90) Lorna Doones (100) Calories 901 Sodium 876	Beef Burgundy (177) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Gelatin w/Topping (125) Calories 749 Sodium 627	Swedish Chicken Meatballs (269) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Mixed Fruit (3) Calories 625 Sodium 474	Chicken Stew (361) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 622 Sodium 641
20	21	22	23	24
Dijon Pork (298) Brown rice (23) Root Vegetables (71) Wheat Bread (90) Peaches (8) Calories 796 Sodium 637	Chicken Souvlaki (456) Seasoned Orzo (32) Spring summer blend (68) Wheat Bread (90) Applesauce (14) Calories 801 Sodium 845	Ziti with red pepper sauce (18) Chicken meatballs (210) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 759 Sodium 581	Meatloaf w/gravy (174) Buttered Noodles (35) Peas & Carrots (82) Wheat Dinner Roll (180) Chocolate Chip Cookie (60) Calories 861 Sodium 709	Chicken with orange sauce (301) White Rice (6) Zucchini & Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7) Calories 639 Sodium 653
27	28	29	30	31
Lentil Stew (58) Shredded mozz cheese (160) Italian Roasted White Potatoes (6) Cauliflower / Broccoli mix (17) Wheat Dinner Roll (180) Chocolate Chip Cookie (60) Calories 799 Sodium 636	Chicken stir fry (460) Brown Rice (5) Wheat Bread (90) Fresh Fruit (1) Calories 607 Sodium 711	Spinach & Red Pepper Frittata (300) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75) Calories 667 Sodium 685	Pollock w/Dijon Wine Sauce (370) Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5) Calories 634 Sodium 700	Roast Turkey w/Gravy (616) Buttered seasoned orzo (32) Whipped Butternut Squash (32) Wheat bread (90) Apple Slices w/cinnamon (9) Calories 614 Sodium 904