

September 2025

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Orzo w/ Chicken Gravy (86) Chicken Meatballs (210) Italian Green Beans (3) Garlic Knot (134) Peaches (8) Calories 901 Sodium 596	Beef Stroganoff (192) Egg Noodles (35) Fiesta Blend Veg (24) Wheat bread (90) Angel Food Cake w/Raspberry Whipped Topping (41) Calories 696 Sodium 537	Turkey Pot Pie (414) Broccoli (12) Mandarin Oranges (7) Whole wheat dinner roll (180) Calories 564 Sodium 768	Pollock with scampi sauce (266) Creamy Parmesan Polenta (191) Riviera Blend (42) Rye Bread (150) Fresh Fruit (1) Calories 647 Sodium 771
8	9	10	11	12
Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (90) Fresh Fruit (1) Calories 752 Sodium 546	Lemon Chicken w/Peas (297) Quinoa pilaf (56) Spring Blend Vegetables (68) Wheat Bread (90) Mixed Fruit (3) Calories 701 Sodium 669	Lentil Stew (234) Shredded Mozzarella (160) Root Vegetables (34) Oat Bread (115) Gelatin w topping (33) Calories 709 Sodium 554	Stuffed Shells (228) Red Pepper Sauce (14) California Blend Vegetables (30) Wheat Dinner Roll (180) Applesauce (14) Calories 539 Sodium 620	Rosemary Balsamic Pork (446) Italian Roasted Red Bliss Potatoes (16) Ratatouille (116) Wheat bread (90) Chocolate Chip Cookie (60) Calories 785 Sodium 883
15	16	17	18	19
Chicken Marsala (583) Buttered Seasoned Orzo (32) Green Beans & Red Peppers (4) Wheat Bread (90) Pears (5) Calories 604 Sodium 780	Potato Pollock, lemon wedge (337) Roasted Sweet Potatoes (53) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raisin Cookie (75) Calories 751 Sodium 784	Chicken Meatballs (210) Tomato Basil Wine Sauce (87) Penne Pasta (4) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (1) Calories 688 Sodium 656	Broccoli egg bake (475) Home Fries (30) Pepper, mushroom, onions (79) Wheat Bread (90) Applesauce (14) Calories 667 Sodium 843	Beef Pot Roast w/Gravy (131) Mashed Potatoes (68) Carrots (77) Wheat Dinner Roll (180) Gelatin w topping (33) Calories 711 Sodium 644
22	23	24	25	26
Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat bread (90) Applesauce (14) Calories 572 Sodium 959	Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (1) Calories 673 Sodium 573	Chicken Meatballs w/ Beef Gravy over Ziti Pasta (276) Riveria Blend (8) Multigrain bread (150) Peaches (8) Calories 643 Sodium 588	American Chop Suey (157) Broccoli (12) Oat Bread (15) Gelatin w/Topping (33) Calories 658 Sodium 472	Chicken & Rice Bake (369) Zucchini & Cauliflower (6) Garlic Knot Roll (134) Mandarin Oranges (7) Calories 614 Sodium 671
29	30			
Chicken a l'orange (273) Lo mein noodles (58) Stir fry veggies (6) Apple Cinnamon Graham (85) Multigrain Bread (150) Calories 732 Sodium 727	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677		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