

October 2025

Mystic Valley Elder Services

Trio HDM Chilled

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 Vegetables (30) Oat Bread (115) Cupcake (170) Calories 829 Sodium 804	Cr Butternut Sq Soup (103) Roasted Turkey w/ Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat Bread (90) Fresh Fruit (1) Calories 797 Sodium 1067	Pollock w/ Newburg Sauce (404) Herbed Brown Rice (85) Roman Blend Vegetables (33) Wheat Bread (90) Applesauce (14) Calories 596 Sodium 782
6	7	8	9	10
Cheese Omelet (210) Sausage Patty (217) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (90) Orange (0) Calories 621 Sodium 962	Lentil Spinach Soup (139) Lasagna Roll w/ Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 659 Sodium 1039	Pork w/Apples (439) Roasted sweet potatoes (53) Green Beans (3) Whole Wheat Roll (180) Chocolate Pudding w/Topping (195) Calories 980 Sodium 1024	Chicken w/Saute Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Pineapple (9) Calories 660 Sodium 659	Beef Shepherd's Pie (208) Jardiniere Style Veg (32) Whole Wheat Dinner Roll (180) Tapioca pudding w/topping (195) Calories 816 Sodium 769
13	14	15	16	17
Holiday No Meals	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Rye Bread (150) Fig Bar (149) Calories 853 Sodium 954	Beef Burgundy (104) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Vanilla Pudding w/Topping (174) Calories 865 Sodium 665	Honey Balsamic chicken (216) Whipped Butternut Squash (24) Brussels sprouts (17) Wheat bread (90) Pumpkin pudding (173) Calories 727 Sodium 675	White Bean and Spinach Stew (753) Green Beans (3) Whole Wheat Dinner Roll (180) Fresh Fruit (1) Calories 641 Sodium 1092
20	21	22	23	24
Old Neighborhood Hot Dog (540) Baked Beans (140) Root Vegetables (34) Hot dog roll (210) Peaches (8) Relish (81) Calories 811 Sodium 1168	Cream of Mushroom Soup (196) Chicken Souvlaki (456) Seasoned Orzo (32) Spring summer blend veg (68) Wheat Bread (90) Brownie (132) Calories 891 Sodium 1130	Stuffed Shells w/ Tomato sauce (582) Roman Blend Vegetables (33) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 584 Sodium 905	Meatloaf w/Beef Gravy (168) Cheddar Mashed Potatoes (94) Peas & Carrots (82) Wheat Dinner Roll (180) Chocolate Chip Cookie (60) Calories 895 Sodium 739	Macaroni & Cheese (694) Zucchini & Tomatoes (64) Wheat Bread (90) Mandarin Oranges (7) Calories 841 Sodium 1011
27	28	29	30	31
Lentil Stew w/ mozz cheese (218) Italian Roasted White potatoes (6) Cauliflower/ broccoli mix (14) Wheat Dinner Roll (180) Choc Chip Cookie (60) Calories 802 Sodium 633	Chicken Stir Fry (460) Fried Rice (262) Wheat Bread (90) Fresh Fruit (1) Calories 561 Sodium 968	Spinach & Red Pepper Frittata (300) Red Bliss Potatoes (24) Brussels Sprouts (17) Oat Bread (115) Yogurt (75) Calories 667 Sodium 685	Mixed Bean w/Chicken Soup (215) Pollock w/Dijon Wine Sauce (370) Cous Cous (5) Peas and Pearl Onions (76) Wheat Bread (90) Pears (5) Calories 786 Sodium 972	Roast Turkey w/ Gravy (616) Sage Bread Stuffing (283) Whipped Butternut Squash (32) Wheat Bread (90) Apple Slices w/cinnamon (9) Calories 636 Sodium 1185