

October 2025

Mystic Valley Elder Services

Trio Chopped / Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine. Items altered and prepared to texture ordered.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 TRIO Community Meals an elior company	Chicken Diane Seasoned orzo California Blend Peaches Sysco Shake Calories 771 Sodium 652	Roast Turkey with Gravy Mashed Potatoes Root Vegetables Gelatin w/Topping Sysco Shake Calories 790 Sodium 1030	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Applesauce Sysco Shake Calories 736 Sodium 817
6	7	8	9	10
Cheese Omelet Pork Sausage Patty Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 886 Sodium 1040	Lasagna Roll w/Sauce Tuscany Blend Peaches Sysco Shake Calories 763 Sodium 961	Pork with Apples Mashed Sweet Potatoes Green Beans Chocolate Pudding w/Topping Sysco Shake Calories 1104 Sodium 944	Chicken w/Saute Vegetables Jasmine Coconut Rice Pineapple Sysco Shake Calories 778 Sodium 658	Shepherd's Pie Jardiniere Vegetables Pudding w/ topping Sysco Shake Calories 956 Sodium 714
13	14	15	16	17
Holiday No Meals	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Gelatin w/Topping Sysco Shake Calories 912 Sodium 813	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 1025 Sodium 643	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Mixed Fruit Sysco Shake Calories 845 Sodium 604	White Bean and Spinach Stew Green Beans Peaches Sysco Shake Calories 761 Sodium 1044
20	21	22	23	24
Old Neighborhood Hot Dog Baked Beans Root Vegetables Peaches Sysco Shake Calories 918 Sodium 1002	Chicken Souvlaki Seasoned Orzo Spring summer blend Applesauce Sysco Shake Calories 911 Sodium 850	Stuffed Shells w/ Tomato sauce Roman Blend Vegetables Gelatin w/Topping Sysco Shake Calories 663 Sodium 928	Meatloaf w/gravy Cheddar Mashed Potatoes Peas & Carrots Mixed Fruit Sysco Shake Calories 1013 Sodium 628	Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake Calories 981 Sodium 1046
27	28	29	30	31
Lentil Stew w/ mozz cheese Italian Roasted White Potatoes Cauliflower/ Broccoli mix Vanilla Pudding w/Topping Sysco Shake Calories 1080 Sodium 695	Chicken Stir Fry Fried Rice Mixed Fruit Sysco Shake Calories 683 Sodium 1005	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake Calories 767 Sodium 695	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Sysco Shake Calories 774 Sodium 735	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake Calories 776 Sodium 1220