

September 2025

Mystic Valley Elder Services

Trio Chopped / Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake Calories 715 Sodium 848	Beef Stroganoff OVER Egg Noodles Fiesta Blend Veg Gelatin w/Topping Sysco Shake Calories 839 Sodium 563	Turkey Pot Pie Harvard Beets Mandarin Oranges Sysco Shake Calories 667 Sodium 891	Pollock w/Scampi Sauce 4 oz Creamy Parmesan Polenta Riviera Blend Applesauce Sysco Shake Calories 777 Sodium 759
8	9	10	11	12
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake Calories 862 Sodium 594	Lemon Chicken w/Peas OVER Buttered Noodles Spring Blend Vegetables Sysco Shake Mixed Fruit Calories 820 Sodium 682	Lentil Stew Shredded mozzarella cheese Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 897 Sodium 546	Stuffed Shells w/ Tomato Sauce California Blend Vegetables Applesauce Sysco Shake Calories 690 Sodium 955	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Pears Sysco Shake Calories 901 Sodium 862
15	16	17	18	19
Chicken Marsala Seasoned Orzo Green Beans & Red Peppers Pears Sysco Shake Calories 834 Sodium 905	Potato Pollock, lemon wedge Whipped Sweet Potatoes Broccoli & Cauliflower Gelatin w/Topping Sysco Shake Calories 862 Sodium 691	Chicken Meatballs w/ Tomato Basil Wine Sauce OVER Penne Pasta Italian Vegetable Blend Mixed Fruit Sysco Shake Calories 816 Sodium 604	Broccoli Egg Bake Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 962 Sodium 1089	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake Calories 1025 Sodium 751
22	23	24	25	26
Mixed Bean & Veg Stew Cauliflower Applesauce Sysco Shake Calories 712 Sodium 994	Chicken Scallopini OVER Buttered Noodles Green Beans Pears Sysco Shake Calories 792 Sodium 611	Macaroni & Cheese Riviera Blend Peaches Sysco Shake Calories 982 Sodium 991	American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake Calories 933 Sodium 624	Chicken & Rice Bake Spinach Mandarin Oranges Sysco Shake Calories 742 Sodium 801
29	30			
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Tapioca Pudding w/Topping Sysco Shake Calories 997 Sodium 1023	Beef Chili OVER Brown Rice Zucchini & Cauliflower Pears Sysco Shake Calories 867 Sodium 685		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