

October 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in margarine 	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 Seasoned orzo California Blend Oat Bread Cupcake Calories 829 Sodium 804	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Calories 680 Sodium 964	Pollock w/ Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce Calories 596 Sodium 782
6	7	8	9	10
Turkey Burger O'Brien Potatoes Stewed Tomatoes Hamburger Bun Orange Calories 620 Sodium 1019	Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches Calories 688 Sodium 602	Pork with Apples Roasted Sweet Potatoes Green Beans Wheat Dinner Roll Gelatin w/Topping Calories 806 Sodium 862	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Calories 632 Sodium 682	Shepherd's Pie Jardiniere Vegetables Wheat bread Lorna doones Calories 806 Sodium 674
13	14	15	16	17
Holiday No Meals	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Calories 851 Sodium 906	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 690 Sodium 524	Chicken Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 714 Sodium 553	White Bean and Spinach Stew Green Beans Wheat Dinner Roll Fresh Fruit Calories 641 Sodium 1092
20	21	22	23	24
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches Relish Calories 811 Sodium 1168	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Brownie Calories 829 Sodium 933	Ziti w/ Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 729 Sodium 551	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 831 Sodium 679	Chicken Breast w/ Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Calories 642 Sodium 622
27	28	29	30	31
Lentil Stew Italian Roasted white Potatoes Cauliflower / broccoli mix Wheat Dinner Roll Choc Chip Cookie Calories 712 Sodium 476	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit Calories 561 Sodium 968	Chicken w / Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping Calories 668 Sodium 621	Pollock w/Dijon Wine Sauce 2 oz Cous Cous Peas and Pearl Onions Wheat Bread Pears Calories 634 Sodium 700	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Calories 604 Sodium 1197