

September 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Orzo w/Chicken Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches Calories 901 Sodium 596	Pot Roast w/Brown Gravy Egg Noodles Fiesta Blend Veg Wheat Bread Angel Food Cake w/Rasp Whipped Topping Calories 665 Sodium 469	Turkey Pot Pie Harvard Beets Mandarin Oranges Whole wheat dinner roll Calories 616 Sodium 993	Pollock w/Scampi Sauce Orzo Pilaf Riviera Blend Rye Bread Fresh Fruit Calories 695 Sodium 844
8	9	10	11	12
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 752 Sodium 546	Lemon Chicken w/Peas Quinoa Pilaf Spring Blend Vegetables Wheat Dinner Roll Tropical Fruit Calories 732 Sodium 756	Lentil Stew Root Vegetables Oat Bread Gelatin w/Topping Calories 622 Sodium 394	Ziti w/ Red pepper Sauce Chicken Meatballs California Blend Veg Wheat Dinner Roll Applesauce Calories 673 Sodium 606	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Chocolate Chip Cookie Calories 765 Sodium 943
15	16	17	18	19
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Calories 694 Sodium 870	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Calories 751 Sodium 784	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Calories 688 Sodium 656	Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce Calories 622 Sodium 1102	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Wheat Dinner Roll Gelatin w/Topping Calories 711 Sodium 644
22	23	24	25	26
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 629 Sodium 1167	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 673 Sodium 573	Chicken Meatballs, Ziti w/ Beef Gravy Riviera Blend Multigrain Bread Peaches Calories 650 Sodium 614	American Chop Suey Broccoli Oat Bread Gelatin w/Topping Calories 658 Sodium 472	Chicken Stew Spinach Garlic Knot Roll Mandarin Oranges Calories 611 Sodium 907
29	30			
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Apple Cinnamon Graham Cookies Calories 787 Sodium 938	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Calories 623 Sodium 677		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