

October 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Include 30 mg sodium for 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 Lorna Doones Apple Juice Calories 732 Sodium 644	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat bread Fresh Fruit Cranberry Juice Calories 653 Sodium 874	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce Apple Juice Calories 569 Sodium 691
6	7	8	9	10
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms, & Onions Fresh Fruit Wheat Bread Apple Juice Calories 585 Sodium 700	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 583 Sodium 808	Pork w/ Apples Whipped Sweet Potatoes Green Beans Wheat Bread Gelatin w/ Topping Cranberry Juice Calories 778 Sodium 655	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Apple Juice Calories 632 Sodium 569	Shepherd's Pie Jardiniere Style vegetables Wheat Bread Tropical Fruit Apple Juice Calories 732 Sodium 394
13	14	15	16	17
Holiday No Meals	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Apple Juice Calories 823 Sodium 815	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Multigrain Bread Gelatin w/ Topping Cranberry Juice Calories 644 Sodium 416	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Mixed Fruit Cranberry Juice Calories 693 Sodium 476	Chicken Stew Green Beans Wheat Bread Fresh Fruit Cranberry Juice Calories 581 Sodium 518
20	21	22	23	24
Dijon Pork Brown Rice Root Vegetables Wheat Bread Peaches Apple Juice Calories 698 Sodium 500	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Applesauce Apple Juice Calories 744 Sodium 725	Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Apple Juice Calories 568 Sodium 475	Meatloaf w/ gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Apple Juice Calories 803 Sodium 589	Chicken w/ Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Apple Juice Calories 581 Sodium 533
27	28	29	30	31
Lentil Stew w/ shredded mozz cheese Root Vegetables Cauliflower/ broccoli mix Wheat Dinner Roll Chocolate Chip Cookie Cranberry Juice Calories 720 Sodium 569	Chicken Stir Fry Brown Rice Wheat Bread Fresh Fruit Apple Juice Calories 579 Sodium 621	Spinach & Red Pepper Frittata Root Vegetables Brussels Sprouts Oat Bread Gelatin w/ Topping Cranberry Juice Calories 603 Sodium 561	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Apple Juice Calories 607 Sodium 310	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Cranberry Juice Calories 632 Sodium 842