

September 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764	Beef Stroganoff w/Egg Noodles Fiesta Blend Veg Wheat Bread Angel Food Cake w/Rasp Whipped Topping Apple Juice Calories 669 Sodium 446	Turkey Pot Pie Harvard beets Mandarin Oranges Whole wheat dinner roll Apple Juice Calories 588 Sodium 903	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 691 Sodium 760
8	9	10	11	12
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 725 Sodium 456	Lemon Chicken w/Peas Quinoa Pilaf Summer/Spring Veggies Wheat Bread Mixed Fruit Apple Juice Calories 673 Sodium 579	Lentil Stew w/ Shredded mozzarella Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 697 Sodium 462	Stuffed Shells w/Red Pepper Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Apple Juice Calories 512 Sodium 530	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Wheat Bread Chocolate Chip Cookie Apple Juice Calories 757 Sodium 792
15	16	17	18	19
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Apple Juice Calories 665 Sodium 781	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 724 Sodium 693	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice Calories 683 Sodium 565	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce Apple Juice Calories 619 Sodium 813	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Wheat Dinner Roll Gelatin w/Topping Apple Juice Calories 635 Sodium 518
22	23	24	25	26
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Cranberry Juice Calories 560 Sodium 867	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Apple Juice Calories 645 Sodium 483	Chicken Meatballs w/ Beef Gravy Ziti Pasta Riviera Blend Multigrain Bread Peaches Apple Juice Calories 622 Sodium 523	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 647 Sodium 380	Chicken & Rice Bake Zucchini & Cauliflower Garlic Knot Roll Mandarin Oranges Cranberry Juice Calories 602 Sodium 578
29	30			
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Apple Juice Calories 705 Sodium 637	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Cranberry Juice Calories 612 Sodium 585		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