

November 2025

Mystic Valley Elder Services

Trio HDM Chilled

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Baked Ziti (744) Green Beans (3) Garlic Knot (134) Mixed Fruit (3) Calories 724 Sodium 1039	Potato Leek Soup (76) BBQ Pulled Pork (442) Baked Beans (140) California Blend Veg (30) Hamburger Bun (212) Peaches (8) Calories 882 Sodium 1119	Greek chicken (479) Buttered Seasoned Orzo (32) Riveria Blend (8) Multigrain Bread (150) Oatmeal Rasin Cookie (75) Calories 699 Sodium 899	Black Bean & Barley Chili (665) Fiesta Blend Veg (24) Wheat Dinner Roll (180) Fresh Fruit (1) Calories 725 Sodium 1025	Salisbury Steak (116) Mushroom Gravy (135) Garlic Mashed Potatoes (48) Root Vegetables (34) Wheat Bread (90) Chocolate Pudding w/Topping (195) Calories 1029 Sodium 772
10	11	12	13	14
Chicken Meatball Sub (446) Provolone Cheese (116) Italian Roasted White Potatoes (6) Italian Blend Vegetables (19) Sub Roll (218) Tropical Fruit (3) Calories 800 Sodium 961	Holiday No Meals	Potato Pollock, lemon wedge (337) Root Vegetables (34) Roman Blend Veg (33) Wheat Dinner Roll (180) Vanilla Pudding w/Topping (174) Calories 852 Sodium 912	Minestrone Soup (261) Pot Roast w/Gravy (131) Mashed Potatoes (68) Peas & Carrots (82) Rye Bread (150) Cupcake (170) Calories 988 Sodium 1074	Chicken a la King (319) Buttered noodles (35) Tuscany Blend Veg (47) Multigrain Bread (150) Fresh Fruit (1) Calories 787 Sodium 706
17	18	19	20	21
Macaroni & Cheese (694) Broccoli (12) Wheat Dinner Roll (180) Applesauce (14) Calories 822 Sodium 1056	Cream of Tomato Soup (245) Chicken & Rice Bake (369) Green Beans (3) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 803 Sodium 1174	Beef Sloppy Joe (174) Sweet Potato Tots (120) Spinach (145) Hamburger Roll (212) Fresh Orange (0) Calories 635 Sodium 806	Roasted Turkey w/ Gravy (616) Mashed Potatoes (68) Stuffing (141) Green beans (5) Wheat dinner roll (132) Apple pie (370) Calories 777 Sodium 1291 High Sodium Meal	Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat Bread (90) Fig Bar (149) Calories 673 Sodium 1094
24	25	26	27	28
Honey Mustard Chicken (473) Whipped sweet potatoes (28) Jardiniere Style vegetables (32) Multigrain bread (150) Chocolate pudding w/ topping (195) Calories 788 Sodium 1032	Lasagna w/ Tomato Sauce (557) Italian Green Beans (3) Garlic Knot Roll (134) Peaches (8) Calories 607 Sodium 857	Beef Stroganoff (144) Buttered Noodles (35) Fiesta Blend Veg (24) Wheat bread (90) Brownie (279) Calories 831 Sodium 727	Holiday No Meals	Italian Garden Veg Soup (142) Pollock w/Scampi Sauce (266) Cous cous (182) Riviera Blend Veg (8) Rye Bread (150) Fresh Fruit (1) Calories 798 Sodium 905
		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303