

November 2025

Mystic Valley Elder Services

Trio *Chopped / Ground/ Puree*

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Baked Ziti Green Beans Mixed Fruit Sysco Shake Calories 832 Sodium 1030	BBQ Pulled Pork Baked Beans California Blend Veg Peaches Sysco Shake Calories 878 Sodium 900	Greek chicken Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake Calories 826 Sodium 832	Black Bean & Barley Chili Fiesta Blend Veg Applesauce Sysco Shake Calories 835 Sodium 983	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake Calories 1169 Sodium 807
10	11	12	13	14
Chicken Meatballs Pasta w/ Tomato Sauce Italian Blend Veg Mixed Fruit Sysco Shake Calories 823 Sodium 871	Holiday No Meals	Potato Pollock, lemon wedge Root Vegetables Roman Blend Vanilla Pudding w/Topping Sysco Shake Calories 992 Sodium 857	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake Calories 884 Sodium 566	Chicken a la King Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake Calories 918 Sodium 712
17	18	19	20	21
Macaroni & Cheese Broccoli Applesauce Sysco Shake Calories 962 Sodium 1001	Chicken & Rice Bake Green Beans Tapioca Pudding w/Topping Sysco Shake Calories 832 Sodium 848	Beef Sloppy Joe Sweet Potato Tots Spinach Gelatin w/Topping Sysco Shake Calories 792 Sodium 751	Chicken Fajitas Rice & Beans w/ Tomato Sauce Onions & Peppers Mandarin Oranges Sysco Shake Calories 908 Sodium 733	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake Calories 722 Sodium 988
24	25	26	27	28
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Chocolate Pudding w/Topping Sysco Shake Calories 948 Sodium 1007	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake Calories 715 Sodium 848	Beef Stroganoff Egg Noodles Fiesta Blend Veg Gelatin w/Topping Sysco Shake Calories 929 Sodium 653	Holiday No Meals	Pollock w/Scampi Sauce 4 oz Cous cous Riviera Blend Applesauce Sysco Shake Calories 841 Sodium 750
		Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine. Items altered and prepared to texture ordered.		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303