

November 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ziti w/Tomato Sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Calories 717 Sodium 863	BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Peaches Calories 767 Sodium 987	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Rasin Cookie Calories 707 Sodium 725	Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit Calories 725 Sodium 1025	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones Calories 953 Sodium 677
10	11	12	13	14
Chicken Meatball Sub w/Tomato Sauce Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 699 Sodium 844	Holiday No Meals	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Dinner Roll Lorna Doones Calories 776 Sodium 838	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 724 Sodium 591	Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Calories 749 Sodium 787
17	18	19	20	21
Turkey Burger Corn Broccoli Hamburger Bun Applesauce Calories 600 Sodium 723	Chicken Souvlaki Orzo Green Beans Multigrain Bread Apple Cinnamon Grahams Calories 794 Sodium 882	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange Calories 705 Sodium 806	Chicken Fajitas Rice & Beans Onions & Peppers Tortilla Mandarin Oranges Calories 742 Sodium 542	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Calories 606 Sodium 1020
24	25	26	27	28
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Multigrain Bread Gelatin w/Topping Calories 613 Sodium 870	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 Brownie Calories 725 Sodium 560	Holiday No Meals	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Calories 711 Sodium 763
		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