

November 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Zit w/ Red Pepper sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Cranberry Juice Calories 717 Sodium 431	BBQ Pulled Pork Root Vegetables California Blend Veg Hamburger Bun Peaches Cranberry Juice Calories 667 Sodium 789	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Rasin Cookie Apple Juice Calories 692 Sodium 749	Black Bean & Barley Chili Fiesta Blend Wheat Bread Fresh Fruit Cranberry Juice Calories 714 Sodium 843	Salisbury Steak w/Mushroom Gravy Cauliflower Root Vegetables Wheat Bread Lorna Doones Cranberry Juice Calories 762 Sodium 554
10	11	12	13	14
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Cheese Onions & Peppers Italian Blend Vegetables Sub Roll Tropical Fruit Calories 684 Sodium 690	Holiday No Meals	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Bread Lorna Doones Apple Juice Calories 749 Sodium 658	Pot Roast w/Gravy Harvard Beets Peas & Carrots Rye Bread Pears Apple Juice Calories 560 Sodium 670	Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 760 Sodium 616
17	18	19	20	21
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Apple Juice Ketchup Calories 597 Sodium 712	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672	Sloppy Joe Sweet Potato Tots Zucchini and red pepper Hamburger Roll Fresh Fruit Cranberry Juice Calories 668 Sodium 576	Chicken Fajitas White Rice Onions & Peppers Tortilla Mandarin Oranges Apple Juice Calories 635 Sodium 443	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 578 Sodium 930
24	25	26	27	28
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Wheat Bread Gelatin w/Topping Apple Juice Calories 606 Sodium 720	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764	Beef Stroganoff Egg Noodles Fiesta Blend Veg Wheat Bread Brownie Apple Juice Calories 728 Sodium 538	Holiday No Meals	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 691 Sodium 760
		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