

November 2025

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Asian Chicken Salad (147) Lo Mein Pasta Salad (101) Broccoli Slaw (145) Multigrain Bread (300) Lorna Doone Cookies (100) Calories 745 Sodium 918	Egg Salad (130) Greek Pasta Salad (182) Cauliflower Carrot Salad (96) Multigrain Bread (300) Vanilla Pudding w/Topping (174) Calories 804 Sodium 1007	Mediterranean Turkey Pasta Salad(518) Roman Blend Salad (90) Garlic Dinner Roll (134) Fresh Fruit (1) Calories 698 Sodium 898	Roast Beef & Provolone Cheese (349) Potato Salad (100) Coleslaw (45) Wheat Bread (180) Applesauce (14) Mayo (4) Calories 854 Sodium 817	Italian Tuna Salad (502) Macaroni Salad (138) Riviera Salad (92) Wheat Bread (180) Pears (5) Calories 854 Sodium 1041
10	11	12	13	14
Turkey & Swiss Cheese (470) Sweet Potato Salad (60) Cauliflower Carrot Salad (96) Multigrain Bread (300) Mixed Fruit (3) Mayo (4) Calories 696 Sodium 1058	Holiday No Meals	Chicken Salad (121) Greek Pasta Salad (182) Broccoli Tomato Salad (64) Wheat Bread (180) Fresh Fruit (1) Calories 693 Sodium 674	Egg Salad (130) Barley Raisin Salad (129) Carrot Pineapple Salad (97) Multigrain Bread (300) Gingersnaps (105) Calories 799 Sodium 886	Ham & Swiss Cheese (545) Balsamic Vinaigrette Pasta Salad (14) Coleslaw (45) Wheat Bread (180) Tropical Fruit (3) Mustard (55) Calories 756 Sodium 965
17	18	19	20	21
Tuna Salad (241) Quinoa Salad (140) Tomato Zucchini Salad (60) Wheat Bread (180) Chocolate Pudding w/Top (195) Calories 746 Sodium 941	Roast Beef & Provolone Cheese (349) English Pea Salad (156) Beet Salad (143) Rye Bread (300) Applesauce (14) Mayo (4) Calories 717 Sodium 1091	Hummus (202) Quinoa Tabbouleh Salad (25) Mediterranean Salad (173) Pita Bread (322) Mandarin Oranges (7) Calories 721 Sodium 853	Turkey & Swiss Cheese (470) Pasta Vegetable Salad (142) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 927 Sodium 929	Chicken Romaine Salad w/ Italian Dressing (446) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Fig Bar (149) Calories 725 Sodium 977
24	25	26	27	28
Egg Salad (130) Israeli Couscous salad (42) Root Veg salad (86) Multigrain Bread (300) Oatmeal raisin cookie (75) Calories 646 Sodium 758	California Chicken Salad (115) Orzo Vegetable Salad (14) Root Vegetable Salad (86) Multigrain Bread (300) Yogurt (80) Calories 778 Sodium 720	Roast Beef & Provolone Cheese (349) BBQ Corn & White Bean Onion Salad (178) Summer Squash Salad (42) Wheat Bread (180) Fresh Fruit (1) Mayo (4) Calories 860 Sodium 879	Holiday No Meals	Mediterranean Turkey Pasta Salad(518) Coleslaw (45) Snack n Loaf (120) Peaches (8) Calories 757 Sodium 846
		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