

December 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit Calories 692 Sodium 486 Carb 66	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Mixed Fruit Calories 641 Sodium 609 Carb 72	Lentil Stew Shredded Mozz Cheese Root Vegetables Gelatin w/ Topping Calories 609 Sodium 469 Carb 71	Stuffed Shells Red Pepper Sauce California Blend Vegetables Applesauce Calories 479 Sodium 470 Carb 62	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Chocolate Chip Cookie Calories 725 Sodium 823 Carb 48
8	9	10	11	12
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Pears Calories 634 Sodium 810 Carb 80	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Oatmeal Raisin Cookie Calories 711 Sodium 664 Carb 73	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit Calories 628 Sodium 506 Carb 76	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Calories 607 Sodium 783 Carb 64	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping Calories 603 Sodium 458 Carb 63
15	16	17	18	19
Mixed Bean & Veg Stew Cauliflower Applesauce Calories 512 Sodium 899 Carb 83	Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Calories 613 Sodium 513 Carb 76	Chicken Meatballs Beef Gravy-1 w/ Ziti Riviera Blend Peaches Calories 610 Sodium 494 Carb 70	American Chop Suey Broccoli Gelatin w/ Topping Calories 558 Sodium 387 Carb 45	Chicken & Rice Bake Spinach Mandarin Oranges Calories 542 Sodium 706 Carb 57
22	23	24	25	26
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Bears Calories 692 Sodium 607 Carb 77	Beef Chili Brown Rice Zucchini & Cauliflower Pears Calories 563 Sodium 527 Carb 74	Chicken Diane Seasoned orzo California Blend Veg Lorna Doones Calories 660 Sodium 649 Carb 73	Holiday No Meals	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Applesauce Calories 536 Sodium 722 Carb 72
29	30	31		
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Stewed Tomatoes Orange Calories 561 Sodium 902 Carb 58	Ziti w/ Bruschetta Sauce Chicken meatballs Tuscany Blend Peaches Calories 598 Sodium 499 Carb 70	Pork w/ Apples Roasted Sweet Potatoes Green Beans Gelatin w/Topping Calories 746 Sodium 712 Carb 64	Menu Subject to change. Totals Include 110mg sodium for milk and 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