

December 2025

Mystic Valley Elder Services

Trio HDM Chilled

Monday	Tuesday	Wednesday	Thursday	Friday
1 Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (65) Fresh Fruit (0) Calories 792 Sodium 521	2 Cream of Broccoli Soup (109) Chicken w/ lemon peas sauce (297) Quinoa Pilaf (56) Spring Blend Vegetables (68) Wheat Dinner Roll (180) Tropical Fruit (3) Calories 813 Sodium 866	3 Lentil Stew (58) Shredded Mozz Cheese (160) Root Vegetables (34) Oat Bread (115) Vanilla Pudding w/Topping (174) Calories 884 Sodium 696	4 Stuffed Shells w/ Tomato Sauce (632) California Blend Vegetables (30) Wheat Dinner Roll (180) Applesauce (14) Calories 550 Sodium 1010	5 Rosemary Balsamic Pork (446) Italian Roasted Red Bliss Potatoes (16) Ratatouille (116) Multigrain Bread (115) Chocolate Chip Cookie (60) Calories 765 Sodium 943
8 Chicken Marsala (583) Buttered Seasoned Orzo (32) Green Beans & Red Peppers (4) Wheat Bread (65) Pears (5) Calories 734 Sodium 845	9 Potato Pollock, lemon wedge (337) Roasted Sweet Potatoes (53) Broccoli & Cauliflower (14) Multigrain Bread (115) Oatmeal Raising Cookie (75) Calories 751 Sodium 784	10 Chicken Meatballs (210) Tomato Basil Wine Sauce (87) Penne Pasta (4) Italian Vegetable Blend (19) Whole Wheat Dinner Roll (180) Fresh Orange (0) Calories 688 Sodium 656	11 Orzo w/Chicken Soup (56) Broccoli Egg Bake (475) Home Fries (30) Stewed Tomatoes (251) Rye Bread (150) Applesauce (14) Calories 785 Sodium 1130	12 Beef Pot Roast w/ Gravy (131) Mashed Potatoes (68) Carrots (77) Whole Wheat Dinner Roll (180) Chocolate Pudding w/Topping (195) Calories 885 Sodium 806
15 Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat Dinner Roll (180) Brownie (132) Calories 629 Sodium 1167	16 Italian Garden Veg Soup (142) Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (65) Fresh Fruit (0) Calories 799 Sodium 691	17 Macaroni & Cheese (694) Riviera Blend Veg (8) Multigrain Bread (115) Peaches (8) Calories 822 Sodium 1016	18 Holiday Special Meal Stuffed broccoli & cheese Chicken(410) Italian roasted red bliss potatoes (16) Honey Glazed Carrots & Parsnips (42) Dinner roll (132) Boston cream cup (309) Calories 852 Sodium 1064	19 Chicken & Rice Bake (369) Spinach (145) Garlic Knot Roll (134) Mandarin Oranges (7) Calories 634 Sodium 809
22 Sweet & Sour Chicken Meatballs (484) Lo Mein Noodles (58) Stir fry vegetables (6) Multigrain Bread (115) Tapioca Pudding w/Topping (195) Calories 837 Sodium 1048	23 Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Pears (5) Calories 623 Sodium 677	24 Chicken Diane (302) Seasoned orzo (32) California Blend Vegetables (30) Oat Bread (115) Cupcake (170) Calories 829 Sodium 804	25 Holiday No Meals	26 Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Brown Rice (85) Roman Blend Vegetables (33) Wheat Bread (65) Applesauce (14) Calories 636 Sodium 757
29 Cheese Omelet (210) Pork Sausage Patty (217) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (65) Orange (0) Calories 661 Sodium 937	30 Lentil Spinach Soup (139) Lasagna Roll w/ Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 659 Sodium 1039	31 Pork w/ Apples (439) Roasted sweet potatoes (53) Green Beans (3) Whole Wheat Roll (180) Chocolate Pudding w/Topping (195) Calories 980 Sodium 1024	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 