

December 2025

Mystic Valley Elder Services

Trio Chopped / Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake Calories 863 Sodium 594	Lemon Chicken w/Peas Buttered Noodles Spring Blend Vegetables Sysco Shake Mixed Fruit Calories 820 Sodium 682	Lentil Stew Shredded mozzarella cheese Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 984 Sodium 706	Stuffed Shells w/ Tomato Sauce California Blend Vegetables Applesauce Sysco Shake Calories 690 Sodium 955	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Pears Sysco Shake Calories 901 Sodium 862
8	9	10	11	12
Chicken w/ Marsala Sauce Seasoned Orzo Green Beans & Red Peppers Pears Sysco Shake Calories 834 Sodium 905	Potato Pollock, lemon wedge Whipped Sweet Potatoes Broccoli & Cauliflower Gelatin w/Topping Sysco Shake Calories 862 Sodium 691	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Mixed Fruit Sysco Shake Calories 816 Sodium 604	Broccoli Egg Bake Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 962 Sodium 1089	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake Calories 1025 Sodium 751
15	16	17	18	19
Mixed Bean & Veg Stew Cauliflower Applesauce Sysco Shake Calories 712 Sodium 994	Chicken Scallopini Buttered Noodles Green Beans Pears Sysco Shake Calories 792 Sodium 611	Macaroni & Cheese Riviera Blend Peaches Calories 982 Sodium 991	American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake Calories 933 Sodium 624	Chicken & Rice Bake Spinach Mandarin Oranges Sysco Shake Calories 742 Sodium 801
22	23	24	25	26
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Tapioca Pudding w/Topping Sysco Shake Calories 997 Sodium 1023	Beef Chili Brown Rice Zucchini & Cauliflower Pears Sysco Shake Calories 867 Sodium 685	Chicken Diane Seasoned orzo California Blend Peaches Sysco Shake Calories 771 Sodium 652	Holiday No Meals	Pollock "catch of the day" Newburg Sauce Whipped Butternut Squash Roman Blend Applesauce Sysco Shake Calories 640 Sodium 763
29	30	31		
Cheese Omelet Pork Sausage Patty Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 737 Sodium 1011	Lasagna Roll w/Sauce Tuscany Blend Peaches Sysco Shake Calories 763 Sodium 961	Pork with Apples Mashed Sweet Potatoes Green Beans Chocolate Pudding w/Topping Sysco Shake Calories 1104 Sodium 944	Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine. Items altered and prepared to texture ordered.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 