

December 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 725 Sodium 456	Lemon Chicken w/Peas Quinoa Pilaf Summer/Spring Veggies Wheat Bread Mixed Fruit Apple Juice Calories 673 Sodium 579	Lentil Stew w/ Shredded mozzarella Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 697 Sodium 462	Stuffed Shells w/ Red Pepper Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Apple Juice Calories 512 Sodium 530	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Wheat Bread Chocolate Chip Cookie Apple Juice Calories 757 Sodium 792
8	9	10	11	12
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Apple Juice Calories 665 Sodium 781	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 724 Sodium 693	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice Calories 683 Sodium 565	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce Apple Juice Calories 619 Sodium 813	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Wheat Dinner Roll Gelatin w/Topping Apple Juice Calories 635 Sodium 518
15	16	17	18	19
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Cranberry Juice Calories 560 Sodium 867	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Apple Juice Calories 645 Sodium 483	Chicken Meatballs Beef Gravy w/ Pasta Riviera Blend Multigrain Bread Peaches Apple Juice Calories 622 Sodium 523	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 647 Sodium 380	Chicken & Rice Bake Zucchini & Cauliflower Garlic Knot Roll Mandarin Oranges Cranberry Juice Calories 602 Sodium 578
22	23	24	25	26
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Apple Juice Calories 705 Sodium 637	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Cranberry Juice Calories 612 Sodium 585	Chicken Diane Seasoned orzo California Blend Oat Bread Lorna Doones Apple Juice Calories 732 Sodium 644	Holiday No Meals	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Wheat Bread Applesauce Apple Juice Calories 568 Sodium 691
29	30	31		
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms, & Onions Fresh Fruit Wheat Bread Calories 585 Sodium 700	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 584 Sodium 808	Pork w/ Apples Whipped Sweet Potatoes Green Beans\Wheat Bread Gelatin w/ Topping Cranberry Juice Calories 778 Sodium 655	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