

January 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday - No Meals	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 885 Sodium 435mg
5	6	7	8	9
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Calories 677 Sodium 396mg	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Calories 742 Sodium 345mg	Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Calories 683 Sodium 503mg	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 846 Sodium 564mg	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Calories 717 Sodium 720mg
12	13	14	15	16
Egg Omelet w/ Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 662 Sodium 531mg	White Fish w/ Pineapple & Mango Stewed Beans Carrots Fruit Nutritional Shake Calories 760 Sodium 735mg	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Calories 795 Sodium 443mg	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 767 Sodium 466mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Calories 874 Sodium 625mg
19	20	21	22	23
Holiday - No Meals	Curried Chicken Mashed Potatoes Carrots Fruit Nutritional Shake Calories 782 Sodium 509mg	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Nutritional Shake Calories 802 Sodium 427mg	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 739 Sodium 512mg	White Bean & Chicken Chili w/ Shredded Cheese California Blend Vegetables Fruit Nutritional Shake Calories 734 Sodium 608mg
26	27	28	29	30
Chicken Scampi Pasta Green Peas Fruit Nutritional Shake Calories 916 Sodium 449mg	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 880 Sodium 842mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 802 Sodium 602mg	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Calories 8673 Sodium 491mg	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 825 Sodium 435mg

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Items prepared to texture ordered.