

January 2026

Mystic Valley Elder Services

Trio Cardiac

Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		
						Holiday - No Meals		Shepherd's Pie Jardiniere Vegetables Wheat bread Tropical Fruit Calories 800 Sodium 489	208 32 65 3
5		6		7		8		9	
Chicken Cacciatore Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Calories 608 Sodium 682	315 4 14 150 14	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Wheat bread Lorna Doones Calories 941 Sodium 851	337 28 136 65 100	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 568 Sodium 595	177 16 34 150 33	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat bread Mixed Fruit Calories 665 Sodium 449	269 35 17 65 3	Chicken Stew Green Beans Wheat bread Fresh Fruit Calories 662 Sodium 616	361 3 65 0
12		13		14		15		16	
Dijon Pork Brown rice Root Vegetables Wheat bread Peaches Calories 836 Sodium 612	298 23 34 65 8	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat bread Applesauce Calories 841 Sodium 820	456 32 68 65 14	Ziti with red pepper sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 759 Sodium 581	18 210 33 134 0	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 861 Sodium 709	168 35 82 180 60	Chicken with orange sauce White Rice Zucchini & Tomatoes Wheat bread Mandarin Oranges Calories 679 Sodium 628	301 6 64 65 7
19		20		21		22		23	
Holiday - No Meals		Chicken stir fry Brown Rice Wheat bread Fresh Fruit Calories 677 Sodium 716	460 5 65 0	Spinach & Red Pepper Fritatta Red Bliss Potatoes Brussels Sprouts Oat Bread Yogurt Calories 697 Sodium 690	300 24 17 115 50	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat bread Pears Calories 704 Sodium 705	370 5 76 65 5	Roast Turkey w/Gravy Buttered seasoned orzo Whipped Butternut Squash Wheat bread Apple Slices w/cinnamon Calories 696 Sodium 910	615 32 32 65 11
26		27		28		29		30	
Ziti w/ Red Pepper sauce Chicken meatball Green Beans Garlic Knot Mixed Fruit Calories 728 Sodium 523	18 210 3 134 3	BBQ Pulled Pork Root vegetables California Blend Veg Hamburger Bun Peaches Calories 678 Sodium 881	443 34 30 212 8	Greek Chicken Seasoned Orzo Riviera Blend veg Wheat bread Oatmeal Rasin Cookie Calories 759 Sodium 814	479 32 8 65 75	Black Bean & Barley Chili Fiesta Blend Wheat bread Fresh Fruit Calories 765 Sodium 910	665 24 65 0	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat bread Lorna Doone Cookies Calories 812 Sodium 620	251 16 34 65 100

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. Individual Sodium amount listed.