

January 2026

Mystic Valley Elder Services

Trio Chilled HDM

Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		
						Holiday - No Meals		Beef Shepherd's Pie 208 Jardiniere Style Veg 32 Whole Wheat Dinner Roll 180 Tapioca pudding w/topping 174 Calories 882 Sodium 748	
5		6		7		8		9	
Chicken Cacciatore 644 OVER Cavitappi Pasta 4 Broccoli & Cauliflower 14 Multigrain Bread 150 Applesauce 14 Calories 597 Sodium 981		Potato Pollock w/lemon wedge 337 Whipped Sweet Potatoes 28 Peas & Mushrooms 136 Rye Bread 150 Fig Bar 149 Calories 853 Sodium 954		Beef Burgundy 104 Garlic Mashed Potatoes 16 Root Vegetables 34 Multigrain Bread 150 Vanilla Pudding w/Topping 174 Calories 683 Sodium 633		Honey Balsamic chicken 216 Whipped Butternut Squash 24 Brussels sprouts 17 Wheat bread 65 Pumpkin pudding 173 Calories 767 Sodium 650		White Bean and Spinach Stew 753 Green Beans 3 Whole Wheat Dinner Roll 180 Fresh Fruit 0 Calories 641 Sodium 1092	
12		13		14		15		16	
Old Neighborhood Hot Dog 540 Baked Beans 140 Root Vegetables 34 Hot dog roll 210 Peaches 8 relish 81 Calories 811 Sodium 1168		Cream of Mushroom Soup 196 Chicken Souvlaki 456 Seasoned Orzo 32 Spring summer blend veg 68 Wheat Bread 65 Brownie 132 Calories 931 Sodium 1105		Stuffed Shells 228 Tomato sauce 354 Roman Blend Vegetables 33 Garlic Dinner Roll 134 Fresh Fruit 0 Calories 584 Sodium 905		Meatloaf 273 Beef Gravy 51 Cheddar Mashed Potatoes 94 Peas & Carrots 82 Wheat Dinner Roll 180 Chocolate Chip Cookie 60 Calories 895 Sodium 739		Macaroni & Cheese 694 Zucchini & Tomatoes 64 Wheat Bread 65 Mandarin Oranges 7 Calories 881 Sodium 986	
19		20		21		22	Winter Special Meal	23	
Holiday - No Meals		Chicken Stir Fry 460 Fried Rice 262 Wheat Bread 65 Fresh Fruit 0 Calories 601 Sodium 943		Spinach & Red Pepper Frittata 300 Red Bliss Potatoes 24 Brussels Sprouts 17 Oat Bread 115 Yogurt 75 Calories 667 Sodium 685		Cr Butternut Sq Soup 103 Broccoli & Cheese Stuffed Chicken 410 Roasted Potatoes 6 Jardinere Blend 32 Wheat Bread 65 Apple Cranberry Crisp 103 Calories 1036 Sodium 873		Roast Turkey w/ Gravy 616 Sage Bread Stuffing 141 Whipped Butternut Squash 32 Wheat Bread 65 Apple Slices w/cinnamon 11 Calories 606 Sodium 1020	
26		27		28		29		30	
Baked Ziti 744 Green Beans 3 Garlic Knot 134 Mixed Fruit 3 Calories 724 Sodium 1039		Potato Leek Soup 76 BBQ Pulled Pork 443 Baked Beans 140 California Blend Veg 30 Hamburger Bun 212 Peaches 8 Calories 882 Sodium 1119		Greek chicken 479 Buttered Seasoned Orzo 32 Riveria Blend 8 Multigrain Bread 150 Oatmeal Rasin Cookie 75 Calories 699 Sodium 899		Black Bean & Barley Chili 665 Fiesta Blend Veg 24 Wheat Dinner Roll 180 Fresh Fruit 0 Calories 725 Sodium 1025		Salisbury Steak 116 w/ Mushroom Gravy 135 Garlic Mashed Potatoes 16 Root Vegetables 34 Wheat Bread 65 Chocolate Pudding w/Topping 195 Calories 888 Sodium 715	

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.