

January 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday - No Meals	Shepherd's Pie Jardiniere Vegetables Pudding w/ topping Sysco Shake Calories 956 Sodium 714mg
5	6	7	8	9
Chicken Cacciatore OVER Cavitappi Pasta Broccoli & Cauliflower Applesauce Sysco Shake Calories 757 Sodium 956mg	Potato Pollock w/lemon Whipped Sweet Potatoes Peas & Mushrooms Gelatin w/Topping Sysco Shake Calories 912 Sodium 813mg	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 843 Sodium 608mg	Swedish Chicken Meatballs OVER Egg Noodles Brussels Sprouts Mixed Fruit Sysco Shake Calories 845 Sodium 604mg	White Bean and Spinach Stew Green Beans Peaches Sysco Shake Calories 761 Sodium 1044mg
12	13	14	15	16
Old Neighborhood Hot Dog Baked Beans Root Vegetables Peaches Sysco Shake Calories 918 Sodium 1002mg	Chicken Souvlaki OVER Seasoned Orzo Spring summer blend Applesauce Sysco Shake Calories 911 Sodium 850mg	Stuffed Shells w/ Tomato sauce Roman Blend Vegetables Gelatin w/Topping Sysco Shake Calories 663 Sodium 928mg	Meatloaf w/gravy Cheddar Mashed Potatoes Peas & Carrots Mixed Fruit Sysco Shake Calories 1013 Sodium 628mg	Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake Calories 8981 Sodium 1046mg
19	20	21	22	23
Holiday - No Meals	Chicken Stir Fry OVER Fried Rice Mixed Fruit Sysco Shake Calories 683 Sodium 1005mg	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake Calories 767 Sodium 695mg	Pollock w/Dijon Wine Sauce OVER Cous Cous Peas and Pearl Onions Pears Sysco Shake Calories 774 Sodium 735mg	Roast Turkey w/Gravy OVER Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake High Sodium meal Calories 776 Sodium 1220mg
26	27	28	29	30
Baked Ziti Green Beans Mixed Fruit Sysco Shake Calories 832 Sodium 1030mg	BBQ Pulled Pork Baked Beans California Blend Veg Peaches Sysco Shake Calories 878 Sodium 900mg	Greek chicken OVER Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake Calories 826 Sodium 832mg	Black Bean & Barley Chili Fiesta Blend Veg Applesauce Sysco Shake Calories 835 Sodium 983mg	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake Calories 988 Sodium 775mg

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 altered and prepared to texture ordered.