

February 2026

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Chicken Meatball Sub Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 699 Sodium 844mg	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 614 Sodium 905mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Dinner Roll Lorna Doones Calories 776 Sodium 838mg	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Pears Calories 724 Sodium 591mg	Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Calories 749 Sodium 787mg
9	10	11	12	13
Turkey Burger Corn Broccoli Hamburger Bun Applesauce Calories 600 Sodium 723mg	Chicken Souvlaki Orzo 1/2 cup Green Beans Multigrain Bread Apple Cinnamon Grahams Calories 794 Sodium 882mg	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange Calories 705 Sodium 806mg	Chicken Fajitas Rice & Beans Onions & Peppers Tortilla Mandarin Oranges Calories 742 Sodium 542mg	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Calories 606 Sodium 1020mg
16	17	18	19	20
Holiday - No Meals	Orzo w/ Chicken Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches Calories 901 Sodium 596mg	Pot Roast w/Brown Gravy Egg Noodles Fiesta Blend Veg Wheat Bread Brownie Calories 725 Sodium 560mg	Turkey Pot Pie - crustless Mashed potatoes Biscuit Mandarin Oranges Calories 487 Sodium 871mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Calories 536 Sodium 604mg
23	24	25	26	27
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Calories 752 Sodium 546mg	Lemon Chicken w/Peas Quinoa Pilaf Spring Blend Vegetables Wheat Dinner Roll Tropical Fruit Calories 732 Sodium 756mg	Lentil Stew Root Vegetables Oat Bread Gelatin w/Topping Calories 622 Sodium 394mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Chocolate Chip Cookie Calories 949 Sodium 1110mg	Ziti w/ Red Pepper Sauce Chicken Meatballs California Blend Veg Wheat Dinner Roll Applesauce Calories 659 Sodium 602mg

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 Lactaid milk and 30 mg sodium for Margarine.