

January 2026

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday - No Meals	Shepherd's Pie Jardiniere Vegetables Wheat bread Lorna doones Calories 846 Sodium 559mg
5	6	7	8	9
Chicken Cacciatore Pasta Broccoli/ cauliflower mix Multigrain Bread Applesauce Calories 597 Sodium 981mg	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Calories 851 Sodium 906mg	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 509 Sodium 492mg	Chicken Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 754 Sodium 528mg	White Bean and Spinach Stew Green Beans Wheat Dinner Roll Fresh Fruit Calories 641 Sodium 1092mg
12	13	14	15	16
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches relish Calories 811 Sodium 1168mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Brownie Calories 869 Sodium 908mg	Ziti w/ Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 729 Sodium 551mg	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 831 Sodium 679mg	Chicken Breast w/Orange Sauce OVER White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Calories 682 Sodium 597mg
19	20	21	22	23
Holiday - No Meals	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit Calories 601 Sodium 943mg	Chicken w /Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping Calories 668 Sodium 621mg	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Calories 674 Sodium 675mg	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Calories 551 Sodium 960mg
26	27	28	29	30
Ziti w/Tomato Sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit Calories 717 Sodium 863mg	BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Peaches Calories 767 Sodium 987mg	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Rasin Cookie Calories 747 Sodium 700mg	Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit Calories 725 Sodium 1025mg	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones Calories 812 Sodium 620mg

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.