

February 2026

Mystic Valley Elder Services

Trio Supper

Monday		Tuesday		Wednesday		Thursday		Friday	
									
2		3		4		5		6	
Turkey & Swiss Cheese Sweet Potato Salad Cauliflower Carrot Salad Multigrain Bread (2) Mixed Fruit Mayo Calories Sodium 1057	470 60 96 300 3 4	Chef Salad w/ tuna Root Veg Salad Snack N Loaf Cranberry Orange Yogurt Calories 743 Sodium 904	463 86 120 80	Chicken Salad Greek Pasta Salad Broccoli Tomato Salad Wheat Bread (2) Fresh Fruit Calories 773 Sodium 624	121 182 64 130 0	Egg Salad Barley Raisin Salad Carrot Pineapple Salad Multigrain Bread (2) Gingersnaps Calories 799 Sodium 886	130 127 97 300 105	Ham & Swiss Cheese Balsamic Vinaigrette Pasta Salad Coleslaw Wheat Bread (2) Tropical Fruit Mustard Calories 836 Sodium 915	545 14 45 130 3 4
9		10		11		12		13	
Tuna Salad Quinoa Salad Tomato Zucchini Salad Wheat Bread (2) Chocolate Pudding w/Top Calories 826 Sodium 891	241 140 60 130 195	Roast Beef & Provolone English Pea Salad Beet Salad Rye Bread (2) Applesauce Mayo Calories 717 Sodium 1091	349 156 143 300 14 4	Hummus Quinoa Tabbouleh Salad Mediterranean Salad Pita Bread Mandarin Oranges Calories 721 Sodium 853	202 25 173 322 7	Turkey & Swiss Cheese Pasta Vegetable Salad Squash, Zucchini, & Red Onion Salad Wheat Bread (2) Fresh Fruit Mayo Calories 1007 Sodium 879	470 142 6 130 0 4	Chicken Romaine Salad w/ Italian dressing Ziti Broccoli Salad Wheat Dinner Roll Fig Bar Calories 725 Sodium 977	446 48 180 149
16		17		18		19		20	
Holiday - No Meals		California Chicken Salad Orzo Vegetable Salad Root Vegetable Salad Multigrain Bread (2) Yogurt Calories 778 Sodium 720	115 14 86 300 80	Roast Beef & Provolone BBQ Corn & White Bean Onion Salad Summer Squash Salad Wheat Bread (2) Fresh Fruit Mayo Calories 940 Sodium 829	349 178 42 130 0 4	Tuna Salad Pasta Salad Spinach w/Mandarin Orange Salad Wheat Bread(2) Mixed Fruit Calories 741 Sodium 955	241 312 144 130 3	Mediterranean Turkey Pasta Salad Coleslaw- Snack n Loaf Peaches Calories 757 Sodium 846	518 45 120 8
23		24		25		26		27	
Turkey Salad German Potato Salad Cucumber Feta & Onion Salad Multigrain Bread (2) Gingersnaps Calories 712 Sodium 750	123 17 80 300 105	Middle Eastern Vegetable Pita Salad Tri-Color Pasta Salad Zucchini Salad Snack n Loaf Yogurt Calories 825 Sodium 765	287 59 64 120 80	Chef Salad w/ Ham & Italian Dressing Sweet Potato Salad- Wheat Dinner Roll Pears Calories 677 Sodium 970	570 60 180 5	Chicken Curry Salad Broccoli Feta Orzo Tossed Garden Salad Multigrain Bread (2) Fresh Fruit Calories 658 Sodium 791	118 140 107 300 0	Roast Beef & Provolone Southwestern Black Bean Salad- Tomato Red Pepper Salad Wheat Bread (2) Pineapple Mayo Calories 884 Sodium 916	349 294 5 130 9 4

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.