

March 2026

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Marsala Sauce Buttered Seasoned Orzo Green Beans & Red Peppers Pears Cal:634 CHO:80g Na:810mg	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Oatmeal Raisin Cookie Cal:711 CHO:73g Na:664mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Orange Cal:628 CHO:76g Na:506mg	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping Cal:603 CHO:63g Na:458mg	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Cal:544 CHO:60g Na:544mg
9	10	11	12	13
Mixed Bean & Veg Stew Cauliflower Applesauce Cal:487 CHO:78g Na:808mg	Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Cal:613 CHO:76g Na:513mg	Chicken & Rice Bake Spinach Mandarin Oranges Cal:542 CHO:57g Na:706mg	American Chop Suey Broccoli Gelatin w/ Topping Cal:558 CHO:45g Na:387mg	Chicken Meatballs Beef Gravy w/ Ziti Pasta Riviera Blend Peaches Cal:603CHO:69g Na:468mg
16	17	18	19	20
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Bears Cal:692 CHO:77g Na:607mg	Beef Chili Brown Rice Zucchini & Cauliflower Pears Cal:563 CHO:74g Na:527mg	Chicken Diane Seasoned orzo California Blend Veg Lorna Doones Cal:660 CHO:73g Na:649mg	Roasted Turkey w/ Gravy White Rice Root Vegetables Fresh Fruit Cal:508 CHO:69g Na:842mg	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Applesauce Cal:536 CHO:72g Na:722mg
23	24	25	26	27
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Stewed Tomatoes Orange Cal:561 CHO:58g Na:902mg	Shepherd's Pie Jardiniere Vegetables Tropical Fruit Cal:670 CHO:96g Na:424mg	Pork w/ Apples Roasted Sweet Potatoes Green Beans Gelatin w/Topping Cal:746 CHO:64g Na:712mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Pineapple Cal:660 CHO:80g Na:659mg	Ziti Pasta Bruschetta Sauce Chicken meatballs Tuscany Blend Peaches Cal:591 CHO:69g Na:484mg
30	31			
Chicken Cacciatore Ziti Pasta Broccoli/ Cauliflower Mix Applesauce Cal:527 CHO:68g Na:831mg	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Lorna Doones Cal:811 CHO:92g Na:786mg			

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.