

# March 2026

# Mystic Valley Elder Services

# Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken w/ Marsala Sauce Seasoned Orzo Green Beans & Red Peppers Pears Sysco Shake  <b>Calories 834 Sodium 905mg</b>	Potato Pollock, lemon wedge Whipped Sweet Potatoes Broccoli & Cauliflower Gelatin w/Topping Sysco Shake  <b>Calories 862 Sodium 641mg</b>	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Mixed Fruit Sysco Shake  <b>Calories 816 Sodium 604mg</b>	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake  <b>Calories 978 Sodium 747mg</b>	Broccoli Egg Bake Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake  <b>Calories 898 Sodium 953mg</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Mixed Bean & Veg Stew Cauliflower Applesauce Sysco Shake  <b>Calories 687 Sodium 903mg</b>	Chicken Scallopini Buttered Noodles Green Beans Pears Sysco Shake  <b>Calories 792 Sodium 611mg</b>	Chicken & Rice Bake Spinach Mandarin Oranges Sysco Shake  <b>Calories 742 Sodium 801mg</b>	American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake  <b>Calories 896 Sodium 670mg</b>	Macaroni & Cheese Riviera Blend Peaches Sysco Shake  <b>Calories 982 Sodium 991mg</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Pudding w/ topping Sysco Shake  <b>Calories 997 Sodium 1023mg</b>	Beef Chili Brown Rice Zucchini & Cauliflower Pears Sysco Shake  <b>Calories 867 Sodium 685mg</b>	Chicken Diane Seasoned orzo California Blend Peaches Sysco Shake  <b>Calories 771 Sodium 652mg</b>	Roast Turkey with Gravy Mashed Potatoes Root Vegetables Gelatin w/Topping Sysco Shake  <b>Calories 790 Sodium 1030mg</b>	Pollock "catch of the day" Newburg Sauce Whipped Butternut Squash Roman Blend Applesauce Sysco Shake  <b>Calories 640 Sodium 763mg</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Cheese Omelet Pork Sausage Patty Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake  <b>Calories 737 Sodium 1011mg</b>	Shepherd's Pie Jardiniere Vegetables Pudding w/ topping Sysco Shake  <b>Calories 975 Sodium 709mg</b>	Pork with Apples Mashed Sweet Potatoes Green Beans Chocolate Pudding w/Topping Sysco Shake  <b>Calories 1057 Sodium 939mg</b>	Chicken w/Saute Vegetables Jasmine Coconut Rice Pineapple Sysco Shake  <b>Calories 778 Sodium 658mg</b>	Lasagna Roll w/Sauce Tuscany Blend Peaches Sysco Shake  <b>Calories 703 Sodium 891mg</b>
<b>30</b>	<b>31</b>			
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Applesauce Sysco Shake  <b>Calories 757 Sodium 956mg</b>	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Gelatin w/Topping Sysco Shake  <b>Calories 912 Sodium 813mg</b>			

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.