

March 2026

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Calories 694 Sodium 870mg	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Calories 751 Sodium 784mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Calories 688 Sodium 656mg	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Wheat Dinner Roll Gelatin w/Topping Calories 711 Sodium 644mg	Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce Calories 622 Sodium 1102mg
9	10	11	12	13
Mixed Bean & Veg Stew Cauliflower Wheat Dinner Roll Brownie Calories 604 Sodium 1077mg	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 673 Sodium 573mg	Chicken Stew Spinach Garlic Knot Roll Mandarin Oranges Calories 613 Sodium 801mg	American Chop Suey Broccoli Oat Bread Gelatin w/Topping Calories 658 Sodium 472mg	Chicken Meatballs Ziti w/ Beef Gravy Riviera Blend Multigrain Bread Peaches Calories 648 Sodium 545mg
16	17	18	19	20
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Apple Cinnamon Graham Cookies Calories 787 Sodium 938mg	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Calories 623 Sodium 677mg	Chicken Diane Seasoned orzo California Blend Oat Bread Cupcake Calories 829 Sodium 804mg	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Calories 680 Sodium 964mg	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Wheat Bread Applesauce Calories 596 Sodium 782mg
23	24	25	26	27
Turkey Burger O'Brien Potatoes Stewed Tomatoes Hamburger Bun Orange Calories 620 Sodium 1019mg	Shepherd's Pie Jardiniere Vegetables Wheat Bread Lorna doones Calories 846 Sodium 559mg	Pork with Apples Roasted Sweet Potatoes Green Beans Wheat Dinner Roll Gelatin w/Topping Calories 806 Sodium 862mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Calories 632 Sodium 682mg	Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches Calories 503 Sodium 378mg
30	31			
Chicken Cacciatore Ziti 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			

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.