

March 2026

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Marsala Buttered Seasoned Orzo Green Beans & Red Peppers Wheat Bread Pears Apple Juice Calories 665 Sodium 781mg	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 724 Sodium 693mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit / Cranberry juice Calories 683 Sodium 565mg	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Wheat Dinner Roll Gelatin w/Topping Apple Juice Calories 635 Sodium 518mg	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce Apple Juice Calories 556 Sodium 677mg
9	10	11	12	13
Mixed Bean & Veg Stew Cauliflower Wheat Bread Applesauce Cranberry Juice Calories 535 Sodium 776mg	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Apple Juice Calories 645 Sodium 483mg	Chicken & Rice Bake Zucchini & Cauliflower Garlic Knot Roll Mandarin Oranges Cranberry Juice Calories 602 Sodium 578mg	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 647 Sodium 380mg	Chicken Meatballs Beef Gravy w/ Ziti Pasta Riviera Blend Multigrain Bread Peaches Apple Juice Calories 646 Sodium 503mg
16	17	18	19	20
Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Cookies Multigrain Bread Apple Juice Calories 705 Sodium 637mg	Beef Chili Brown Rice Zucchini & Cauliflower Wheat Dinner Roll Pears Cranberry Juice Calories 612 Sodium 585mg	Chicken Diane Seasoned orzo California Blend Oat Bread Lorna Doones Apple Juice Calories 732 Sodium 644mg	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Cranberry Juice Calories 653 Sodium 874mg	Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Wheat Bread Applesauce / Apple Juice Calories 569 Sodium 691mg
23	24	25	26	27
Cheese Omelet Pork Sausage Patty O'Brien Potatoes Red Peppers, Mushrooms, & Onions Fresh Fruit Wheat Bread Calories 585 Sodium 700mg	Shepherd's Pie Jardiniere Style vegetables Wheat Bread Tropical Fruit Apple Juice Calories 763 Sodium 369mg	Pork w/ Apples Whipped Sweet Potatoes Green Beans Wheat Bread Gelatin w/ Topping Cranberry Juice Calories 778 Sodium 655mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple Apple Juice Calories 632 Sodium 569mg	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 673 Sodium 898mg
30	31			
Chicken Cacciatore Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Apple Juice Calories 569 Sodium 891mg	Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Lorna Doones Apple Juice Calories 823 Sodium 815mg			

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.