

March 2026

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Ham & Swiss Cheese Quinoa Tabbouleh Salad Beet Salad Wheat Bread (2) Applesauce Mustard Calories 697 Sodium 1038	545 Chicken Salad 25 Carrot Raisin Salad 143 Orzo Vegetable Salad 130 Wheat Bread (2) 14 Mandarin Oranges 55 Calories 896 Sodium 533	121 Tuna Salad 137 Potato Salad 14 Spinach w/ Mandarin Oranges 130 Wheat Bread (2) 7 Lorna Doones Cookies Calories 846 Sodium 841	241 Roast Beef & Provolone 100 Macaroni Salad 144 Zucchini Salad 130 Wheat Bread (2) 100 Vanilla Pudding Mayo Calories 1049 Sodium 980	349 Turkey & Swiss Cheese 138 Italian Pasta Salad 64 Broccoli Slaw 130 Wheat Bread (2) 170 Fresh Fruit 4 Mayo Calories 979 Sodium 1014
9	10	11	12	13
Chicken Curry Salad 3 Bean Salad Root Vegetable Salad Wheat Bread (2) Chocolate Pudding Calories 773 Sodium 683	118 Egg Salad 34 Ziti Broccoli Salad 74 Mediterranean Salad 130 Multigrain Bread (2) 190 Pears Calories 719 Sodium 779	130 Roast Beef & Provolone 48 English Pea Salad 173 Squash, Zucchini, & Red Onion 300 Wheat Bread (2) 5 Fresh Fruit Mayo Calories 899 Sodium 772	349 Mediterranean Turkey Pasta Salad 156 Riviera Salad 6 Wheat Dinner Roll 130 Tropical Fruit 0 4 Calories 665 Sodium 944	518 Tuna Salad 92 Greek Pasta Salad 180 Tomato Zucchini Salad 3 Multigrain Bread Oatmeal Raisin Cookie Calories 606 Sodium 983
16	17	18	19	20
Egg Salad Balsamic vinaigrette pasta salad Riviera salad Wheat Bread (2) Mixed Fruit Calories 786 Sodium 494	130 Chef Salad w/Tuna 14 Italian Dressing 92 Ziti Broccoli Salad 130 Wheat Dinner Roll 3 Pudding Calories 765 Sodium 1006	463 Turkey & Swiss Garden Shell Pasta Salad 48 Root Vegetable Salad 180 Wheat Bread (2) 161 Applesauce Mayo Calories 964 Sodium 1031	470 California Chicken Salad 201 Potato Salad 86 Cucumber, feta, onion Salad 130 Multigrain Bread (2) 14 Lorna Doones 4 Calories 793 Sodium 821	115 Roast Beef & Provolone 100 Barley Raisin Salad 80 Beet Salad 300 Wheat Bread (2) 100 Fresh Fruit Mayo Calories 946 Sodium 881
23	24	25	26	27
Tuna Salad Italian Pasta Salad Cauliflower Carrot Salad Wheat Bread (2) Chocolate Pudding w/Topping Calories 966 Sodium 920	241 Roast Beef & Provolone 138 Orzo Vegetable Salad 96 Coleslaw 130 Multigrain Bread (2) 190 Fresh Fruit Mayo Calories 816 Sodium 838	349 Chicken Romaine Salad 14 Italian Dressing 45 Broccoli Feta Orzo Salad 300 Snack n' Loaf 0 Pears 4 Calories 677 Sodium 865	446 Turkey & Swiss Garden Shell Pasta Salad 140 Greek Salad 120 Wheat Bread (2) 5 Applesauce Mayo Calories 957 Sodium 1054	470 Egg Salad 201 Sweet Potato Salad 150 Tomato Red Pepper Salad 130 Multigrain Bread (2) 14 Graham Crackers 4 Calories 721 Sodium 704
30	31			
Turkey & Swiss 3 bean salad Zucchini Salad Multigrain bread (2) Chocolate Chip Cookie Mayo Calories 626 Sodium 1057	470 Southwest Chicken Salad 34 Summer Potato Salad 64 Broccoli Slaw 300 Wheat Bread (2) 60 Vanilla Pudding w/Topping 4 Calories 849 Sodium 935	300 65 145 130 170		

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.