

**Mystic Valley Elder Services
September 2024**

Trio - Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Holiday - No Meals	Chicken Stew, Butternut Squash, Brussels Sprouts, Wheat bread, Mixed Fruit, Milk, Promise Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain bread, Milk, Margarine Pats	Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches, Milk, Promise Margarine	Shepherd's Pie, Spinach, Wheat Dinner roll, Tropical Fruit, Milk, Promise Margarine
9	10	11	12	13
Vegetarian Lentil, White Rice, Zucchini, Wheat Bread, Mixed Fruit, Milk, Promise Margarine	Ziti, Tomato Sauce, Chicken Meatballs, Green Beans, Wheat bread, Diet Gelatin/Topping, Milk, Margarine	Beef Pot Roast w/ Gravy, Mashed Potatoes, Carrots, Tropical Fruit, Wheat Bread, Milk, Promise Margarine	Pollock with Mediterranean sauce, Quinoa pilaf, Roman Blend Veggies, Multigrain bread, Apple sauce, Milk, Promise Margarine	Chicken Souvlaki- over Orzo, buttered seasoned- Scandinavian Blend Veg, Wheat Bread, Pears, Milk, Promise Margarine
16	17	18	19	20
Unstuffed Pepper casserole, Fall/Winter blend veg, Wheat bread, Peaches, Milk, Promise Margarine	Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Wheat bread, Pears, Promise Margarine	Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain bread, Applesauce, Milk, Promise Margarine	Beef Meatloaf and Salisbury steak w/ Brown Gravy, Roasted Root Vegetable, Peas, Wheat roll, Diet Vanilla Pudding/Topping, Milk, Promise Margarine	Mixed Bean & Vegetable Stew, Cauliflower, Wheat bread, Tropical Fruit, Milk, Promise Margarine
23	24	25	26	27
Chicken w/ Orange Sauce, Stir Fry Vegetables, Brown Rice, Wheat Bread, Mixed Fruit, Milk, Promise Margarine	Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Wheat bread, Mandarin Oranges, Milk, Promise Margarine	Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Wheat Bread, Diet Gelatin w/Topping, Milk, Promise Margarine	Pasta, Lasagna, Cheese, Tomato Sauce, Brussels Sprouts, Wheat Bread, Fresh Fruit, Milk, Promise Margarine	Cod w/ Lemon Dill Sauce, Italian Roasted White Potatoes, Tuscany Blend, Multigrain Bread, Peaches, Milk, Promise Marg, Apple Juice
30				
Tuna Noodle Casserole, Zucchini & Cauliflower, Wheat Bread, Diet Vanilla Pudding/topping, Milk, Promise Margarine		Each meal contains milk. Sodium and calories already included in daily totals	Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303	*Menu Subject to Change Without Notice. Also available at MVES.Org 