


Mystic Valley Elder Services
September 2024

Trio- Chopped/ Soft

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>2</p> <p>Holiday - No Meals</p> | <p>3</p> <p>Chicken Stew, Whipped Butternut Squash, Cut up Brussels Sprouts, Sysco Shake, Mixed Fruit, Milk, Margarine</p> | <p>4</p> <p>Cut up bite size Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Sysco Shake, Milk, Margarine Pats</p> | <p>5</p> <p>Cut up Quinoa White Bean Casserole, Cut up Carrots, Sysco Shake, Diced Peaches, Milk, Margarine</p> | <p>6</p> <p>Cut up Shepherd's Pie, Diced Spinach, Sysco Shake, Diced Pears, Milk, Margarine</p> |
| <p>9</p> <p>Vegetarian Lentil Stew, Whipped Sweet Potatoes, Diced Zucchini, Sysco Shake, Diced Mixed Fruit, Milk, Margarine</p> | <p>10</p> <p>Chopped Ziti, Tomato Sauce, Chicken Meatballs, Diced Green, Sysco Shake, Gelatin/Topping, Milk, Margarine</p> | <p>11</p> <p>Cut up bite-sized Pot Roast w/Brown gravy, Mashed Potatoes, diced Carrots, Chocolate pudding w/Topping, Sysco Shake, Milk, Margarine</p> | <p>12</p> <p>Cut up Pollock, Mediterranean Sauce, Quinoa pilaf, Roman Blend, Sysco Shake, Applesauce, Milk, Margarine</p> | <p>13</p> <p>Bite size Chicken Souvlaki, Buttered Seasoned Orzo, Diced Broccoli, Sysco Shake, Diced Pears, Milk, Margarine</p> |
| <p>16</p> <p>Unstuffed Pepper casserole, Fall/Winter blend veg, Sysco Shake, Diced Peaches, Milk, Margarine</p> | <p>17</p> <p>Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Sysco Shake, diced Pears, Milk, Margarine</p> | <p>18</p> <p>Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Diced Spinach, Sysco Shake, Applesauce Milk, Margarine</p> | <p>19</p> <p>Bite sized Beef Meatloaf w/ Brown gravy, Diced Roasted Root Vegetable, Mashed potatoes, Sysco Shake, Vanilla Puddin w topping, Milk, Margarine</p> | <p>20</p> <p>Cutup bite-size Mixed Bean & Vegetable Stew, Cut up Cauliflower, Sysco Shake, Tropical Fruit, Milk, Margarine</p> |
| <p>23</p> <p>Cut up Turkey with Gravy, Diced Roasted Root Vegetable, Mashed Potatoes, Sysco Shake, Mixed Fruit</p> | <p>24</p> <p>Cutup bite sized Pot Roast Burgundy, Garlic Mashed Potatoes, Cut up Spinach, Sysco Shake, Diced Mandarin Oranges, Milk, Margarine</p> | <p>25</p> <p>Cut up bite sized Greek Chicken- (low lactose) over Seasoned Orzo, Diced Italian Blend Veg, Sysco Shake, Gelatin w/Topping, Milk, Margarine,</p> | <p>26</p> <p>Cut up bite sized Pasta, Lasagna, Cheese, Tomato Sauce, Cut up Brussels Sprouts, Sysco Shake, Chocolate pudding/topping, Milk, Margarine</p> | <p>27</p> <p>Cut up Cod w/ Lemon Dill Sauce, Diced Roasted Potatoes, Diced Tuscany Blend, Sysco Shake, Diced Peaches, Milk, Margarine</p> |
| <p>30</p> <p>Cut up Tuna Noodle Casserole, Diced Zucchini & Cauliflower, Sysco Shake, Vanilla Pudding w/ Topping, Milk, Margarine</p> | | <p>Each meal contains milk. Sodium and calories already included in daily totals</p> | <p>Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM:</p> <p>781-388-2303</p> | <p>*Menu Subject to Change Without Notice. Also available at MVES.Org</p>  |