

# Mystic Valley Elder Services

## September 2024

# Trio- Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday - No Meals	3 Chicken Stew, Butternut Squash, Brussels Sprouts, Wheat bread, Lorna Doones, Lactaid Milk, Promise Margarine	4 Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain bread, Lactaid Milk, Margarine Pats	5 Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches, Lactaid Milk, Apple juice, Promise Margarine	6 Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner roll, Tropical fruit, Lactaid Milk, Promise Margarine
9 Vegetarian Lentil Stew, White Rice, Zucchini, Low Salt Wheat Bread, Mixed Fruit, Lactaid Milk, Promise Marg.	10 Ziti, Tomato Sauce, Chicken Meatballs, Green Beans, Wheat bread, Gelatin, Lactaid Milk, Margarine	11 Beef Pot Roast w/ Gravy, Buttered Noodles, Carrots, Tropical fruit, Wheat Bread, Lactaid Milk, Promise marg.	12 Pollock w/ Scarpariello Sauce (non dairy), Quinoa pilaf, Roman Blend, Multigrain Bread, Applesauce, Lactaid Milk, Promise Margarine	13 Chicken Souvlaki- over Orzo, Buttered seasoned-Scandinavian Blend Veg, Pears, Lactaid Milk, Promise Marg
16 Unstuffed Pepper casserole, Fall/Winter blend veg, Wheat Bread, Peaches, Lactaid Milk, Promise, Margarine	17 Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Wheat bread. Pears, Lactaid Milk, Promise Margarine	18 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain bread, Applesauce, Lactaid Milk, Promise margarine	19 Beef Meatloaf w/ Brown gravy, Roasted Root Vegetables, Peas, Wheat roll, Lorna Doone Cookies, Lactaid Milk / Promise Margarine	20 Mixed Bean & Vegetable Stew, Cauliflower, Wheat bread, Tropical Fruit, Lactaid Milk, Promise margarine
23 Turkey w/ Gravy, Roasted Root Vegetable, Brown Rice, Wheat Bread, Mixed Fruit, Lactaid Milk, Promise Margarine	24 Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Wheat bread, Mandarin Oranges, Lactaid Milk, Margarine	25 Greek Chicken (low lactose), over Seasoned Orzo, Italian Blend Veg, Wheat Bread, Diet Gelatin, Lactaid Milk, Promise Margarine	26 Chicken Meatballs, Bruschetta Sauce, Ziti, Brussels Sprouts, Wheat Bread, Fresh Fruit, Lactaid Milk, Promise Margarine	27 Cod w Lemon Pepper Sauce, Roasted Potatoes, Tuscany Blend, Multigrain bread, Peaches, Lactaid Milk, Promise Marg, Apple Juice
30 Cod w/ Newburg Sauce over herbed white rice, Zucchini & Cauliflower, Wheat Bread, Gelatin, Lactaid Milk, Promise Margarine		Each meal contains milk. Sodium and calories already included in daily totals	<p><b>Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM:</b></p> <p><b>781-388-2303</b></p>	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org</p> 