

# Mystic Valley Elder Services

## Chopped Soft/Ground

### October 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Stew Whipped Butternut Squash Brussel Sprouts Mixed Fruit Shake 1% Milk Margarine	Chicken Bites w/ Vegetables Seasoned Orzo Applesauce Shake 1% Milk Margarine	Quinoa White Bean Casserole Carrots Diced Peaches Shake 1% Milk Margarine	Shepard's Pie Spinach Diced Pears Shake 1% Milk Margarine
7	8	9	10	11
Vegetarian Lentil Stew Whipped Sweet Potatoes Diced Zucchini Shake Diced Mixed Fruit 1% Milk Margarine	Ziti with Tomato Sauce and Chicken Meatballs Diced Green Beans Shake Gelatin with Topping 1% Milk Margarine	Pot Roast with Brown Gravy Mashed Potatoes Diced Carrots Shake Chocolate Pudding with Topping 1% Milk Margarine	Catch of the Day with Mediterranean Sauce Quinoa Pilaf Roman Blend Vegetables Applesauce Shake 1% Milk Margarine	Chicken Souvlaki Buttered Seasoned Orzo Broccoli Diced Pears Shake 1% Milk Margarine
14	15	16	17	18
Holiday! No meals delivered today!	Chicken Fajitas Rice and Beans Fiesta Blend Vegetable Shake 1% Milk Margarine	Alaskan Breaded Pollock Scarpariello Sauce Whipped Butternut Squash Diced Spinach Shake 1% Milk Margarine	Meatloaf with Brown Gravy Roasted Root Vegetables Mashed Potatoes Applesauce Shake 1% Milk Margarine	Mixed Bean & Vegetable Stew Cauliflower Tropical Fruit Shake 1% Milk Margarine
21	22	23	24	25
Turkey with Gravy Mashed Potatoes Mixed Fruit Shake 1% Milk Margarine	Pot Roast Garlic Mashed Potatoes Spinach Madarin Oranges Shake 1% Milk Margarine	Greek Chicken Seasoned Orzo Italian Blend Vegetables Gelatin with Topping Shake 1% Milk Margarine	Lasagna Brussel Sprouts Chocolate Pudding Shake 1% Milk Margarine	Cod w/Lemon Dill Sauce Roasted Potatoes Tuscany Blend Vegetables Peaches Shake 1% Milk Margarine
28	29	30	31	
Tuna Noodle Casserole Zucchini & Cauliflower Vanilla Pudding Shake 1% Milk Margarine	Chicken Stew Whipped Butternut Squash Brussel Sprouts Mixed Fruit Shake 1% Milk Margarine	Chicken Bites w/ Vegetables Seasoned Orzo Applesauce Shake 1% Milk Margarine	Quinoa White Bean Casserole Carrots Diced Peaches Shake 1% Milk Margarine	