



Mystic Valley Elder Services  
**October 2024**

**Trio - Carb Controlled**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>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</b>	Chicken Stew, Butternut Squash, Brussels Sprouts, Mixed Fruit, Milk, Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Milk, Margarine	Quinoa White Bean Casserole, Carrots, Peaches, Milk, Margarine	Pot Roast Burgundy, White rice, Spinach, Tropical Fruit, Milk, Margarine
	7	8	9	10
Vegetarian Lentil Stew, Zucchini, Mixed Fruit, Milk, Margarine	Chicken Meatballs, Brown Gravy over Margarine Ziti. Green Beans, Diet Gelatin/Topping, Milk, Margarine	Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, Tropical fruit, Milk, Margarine	Pollock Mediterranean Sauce, Quinoa pilaf, Roman Blend, Applesauce, Milk, Margarine	Chicken Souvlaki over Orzo, Buttered seasoned, Scandinavian Blend Veg, Pears, Milk, Margarine
14	15	16	17	18
Holiday - No Meals	Chicken Fajitas, White Rice, Fiesta Blend Veg, Pears, Milk, Margarine	Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Unsweetened applesauce, Milk, Margarine	Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetable, Peas, Diet Vanilla Pudding/Topping, Milk, Margarine	Mixed Bean & Vegetable Stew, Cauliflower, Tropical Fruit, Milk, Margarine
21	22	23	24	25
Turkey with Gravy, Roasted Root Vegetable, Brown Rice, Mixed Fruit, Milk, Margarine	Pot Roast Burgundy, Buttered Noodles, Spinach, Mandarin oranges, Milk, Margarine	Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Diet Gelatin w/Topping, Milk, Margarine	Chicken Meatballs, Bruschetta Sauce over Ziti, Brussel Sprouts, Fresh Fruit, Milk, Margarine	Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend, Peaches, Milk, Margarine
28	29	30	31	
Tuna Noodle Casserole, Zucchini & Cauliflower, Diet Gelatin/Topping, Milk, Margarine	Chicken Stew, Butternut Squash, Brussels Sprouts, Mixed Fruit, Milk, Margarine	Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Milk, Margarine	Quinoa White Bean Casserole, Carrots, Peaches, Milk, Margarine	*Menu Subject to Change Without Notice. Also available at MVES.Org Each meal contains milk. Sodium and calories already included in daily totals  