



Mystic Valley Elder Services November 2024

Trio - Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>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</p>	<p>*Menu Subject to Change Without Notice. Also available at MVES.Org Each meal contains milk. Sodium and calories already included in daily totals</p>			<p>Pot Roast Burgundy, White rice, Spinach, Tropical Fruit, Milk, Margarine</p>
4	5	6	7	8
<p>Vegetarian Lentil Stew, Zucchini, Mixed Fruit, Milk, Margarine</p>	<p>Chicken Meatballs, Brown Gravy over Margarine Ziti. Green Beans, Diet Gelatin/Topping, Milk, Margarine</p>	<p>Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, Tropical fruit, Milk, Margarine</p>	<p>Pollock Mediterranean Sauce, Quinoa pilaf, Roman Blend, Applesauce, Milk, Margarine</p>	<p>Chicken Souvlaki over Orzo, Buttered seasoned, Scandinavian Blend Veg, Pears, Milk, Margarine</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Chicken Fajitas, White Rice, Fiesta Blend Veg, Pears, Milk, Margarine</p>	<p>Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Unsweetened applesauce, Milk, Margarine</p>	<p>Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetable, Peas, Diet Vanilla Pudding/Topping, Milk, Margarine</p>	<p>Mixed Bean & Vegetable Stew, Cauliflower, Tropical Fruit, Milk, Margarine</p>
18	19	20	21	22
<p>Turkey with Gravy, Roasted Root Vegetable, Brown Rice, Mixed Fruit, Milk, Margarine</p>	<p>Pot Roast Burgundy, Buttered Noodles, Spinach, Mandarin oranges, Milk, Margarine</p>	<p>Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Diet Gelatin w/Topping, Milk, Margarine</p>	<p>Chicken Meatballs, Bruschetta Sauce over Ziti, Brussel Sprouts, Fresh Fruit, Milk, Margarine</p>	<p>Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend, Peaches, Milk, Margarine</p>
25	26	27	28	29
<p>Tuna Noodle Casserole, Zucchini & Cauliflower, Diet Gelatin/Topping, Milk, Margarine</p>	<p>Chicken Stew, Butternut Squash, Brussels Sprouts, Mixed Fruit, Milk, Margarine</p>	<p>Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Milk, Margarine</p>	<p>Holiday - No Meals</p>	<p>Pot Roast Burgundy, White rice, Spinach, Tropical Fruit, Milk, Margarine</p>

