

**Mystic Valley Elder Services
November 2024**

Trio - Cardiac

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:</p> <p>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>Shepherd's Pie, Spinach, Wheat Dinner roll, Tropical Fruit, Milk, Promise Margarine</p>
4	5	6	7	8
<p>Vegetarian Lentil, White Rice, Zucchini, Wheat Bread, Mixed Fruit, Milk, Promise Margarine</p>	<p>Ziti, Tomato Sauce, Chicken Meatballs, Green Beans, Wheat bread, Diet Gelatin/Topping, Milk, Margarine</p>	<p>Beef Pot Roast w/ Gravy, Mashed Potatoes, Carrots, Tropical Fruit, Wheat Bread, Milk, Promise Margarine</p>	<p>Pollock with Mediterranean sauce, Quinoa pilaf, Roman Blend Veggies, Multigrain bread, Apple sauce, Milk, Promise Margarine</p>	<p>Chicken Souvlaki- over Orzo, buttered seasoned- Scandinavian Blend Veg, Wheat Bread, Pears, Milk, Promise Margarine</p>
11	12	13	14	15
<p>Holiday - No Meals</p>	<p>Chicken Fajitas, Rice and Beans, Fiesta Blend Veg, Wheat bread, Pears, Promise Margarine</p>	<p>Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain bread, Applesauce, Milk, Promise Margarine</p>	<p>Beef Meatloaf and Salisbury steak w/ Brown Gravy, Roasted Root Vegetable, Peas, Wheat roll, Diet Vanilla Pudding/Topping, Milk, Promise Margarine</p>	<p>Mixed Bean & Vegetable Stew, Cauliflower, Wheat bread, Tropical Fruit, Milk, Promise Margarine</p>
18	19	20	21	22
<p>Chicken w/ Orange Sauce, Stir Fry Vegetables, Brown Rice, Wheat Bread, Mixed Fruit, Milk, Promise Margarine</p>	<p>Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Wheat bread, Mandarin Oranges, Milk, Promise Margarine</p>	<p>Greek Chicken- (low lactose), over Seasoned Orzo, Italian Blend Veg, Wheat Bread, Diet Gelatin w/Topping, Milk, Promise Margarine</p>	<p>Pasta, Lasagna, Cheese, Tomato Sauce, Brussels Sprouts, Wheat Bread, Fresh Fruit, Milk, Promise Margarine</p>	<p>Cod w/ Lemon Dill Sauce, Italian Roasted White Potatoes, Tuscany Blend, Multigrain Bread, Peaches, Milk, Promise Marg, Apple Juice</p>
25	26	27	28	29
<p>Tuna Noodle Casserole, Zucchini & Cauliflower, Wheat Bread, Diet Vanilla Pudding/topping, Milk, Promise Margarine</p>	<p>Chicken Stew, Butternut Squash, Brussels Sprouts, Wheat bread, Mixed Fruit, Milk, Promise Margarine</p>	<p>Chicken w/Saute Veg, Seasoned Orzo, Applesauce, Multigrain bread, Milk, Margarine Pats</p>	<p>Holiday - No Meals</p>	<p>Shepherd's Pie, Spinach, Wheat Dinner roll, Tropical Fruit, Milk, Promise Margarine</p>