

# Mystic Valley Elder Services

## November 2024

### Trio - Chilled Regular

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><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></p>	<p><b>*Menu Subject to Change Without Notice.</b> Also available at MVES.Org</p> <p>Each meal contains milk.</p>			<p><b>Turkey Stew OVER White Rice, Brussels Sprouts, Whole Wheat Roll , Applesauce</b></p>
				<p>Calories: 587 / Sodium: 1019 mg</p>
4	5	6	7	8
<p><b>Hot Dog, Baked Beans, Winter Blend, LS Hot Dog Roll , Mustard, Relish, Fresh Fruit</b></p>	<p><b>Meatball Stroganoff , Tuscany Vegetables , LS Wheat Bread, Pears</b></p>	<p><b>Black Bean &amp; Barley Chili, Brussels Sprouts, LS Wheat Bread, Apple Slices w/ cinnamon</b></p>	<p><b>Minestrone Soup, Chicken w/Cranberry Sauce, Mashed Sweet Potatoes, Fresh Zucchini, Dinner Roll, Chocolate Pudding w/Topping</b></p>	<p><b>Baked Fish Florentine, Garlic Mashed Potatoes, Broccoli &amp; Cauliflower, LS Multigrain Bread, Brownie</b></p>
<p>Calories: 863 / Sodium: 1121 mg</p>	<p>Calories: 514 / Sodium: 893 mg</p>	<p>Calories: 689 / Sodium: 972 mg</p>	<p>Calories: 965 / Sodium: 1058 mg</p>	<p>Calories: 903 / Sodium: 886 mg</p>
11	12	13	14	15
<p><b>Holiday - No Meals</b></p>	<p><b>Mushroom Barley Soup, Chicken Meatballs Rotini Tomato Sauce , Broccoli &amp; Cauliflower, LS multigrain bread, Pears</b></p>	<p><b>Chicken Souvlaki, Buttered Orzo, Spinach, LS wheat bread, Applesauce</b></p>	<p><i>High Sodium Meal</i></p> <p><b>THANKSGIVING SPECIAL</b> <b>Roast Turkey w/Gravy, Stuffing, Mashed Potatoes, Glazed Carrots, Snowflake Dinner Roll, Apple Pie</b></p>	<p><b>Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, LS Multigrain, Fresh Fruit</b></p>
	<p>Calories: 826 / Sodium: 984 mg</p>	<p>Calories: 761 / Sodium: 853 mg</p>	<p>Calories: 957 / Sodium: 1477 mg</p>	<p>Calories: 764 / Sodium: 1033 mg</p>
18	19	20	21	22
<p><b>American Chop Suey, Tuscany Blend veg, Wheat dinner roll, Apple Slices w/cinnamon</b></p>	<p><b>Lentil Stew, Brussels Sprouts, LS Wheat Bread, Chocolate Pudding with Topping</b></p>	<p><b>Chicken with Sauté Veg, Jasmine Coconut Rice, Spinach, LS Wheat Bread, Fresh Fruit</b></p>	<p><b>Italian Garden Veg soup, Potato Crunch Pollock w/Lemon,Quinoa Pilaf, Scandinavian Vegetables, Wheat Bread, Mandarin oranges</b></p>	<p><b>Pot Roast w/gravy, Mashed potatoes, Peas &amp; Carrots, LS Multigrain Bread, Cran Orange Snack Loaf</b></p>
<p>Calories: 936 / Sodium: 841 mg</p>	<p>Calories: 860 / Sodium: 943 mg</p>	<p>Calories: 717 / Sodium: 734 mg</p>	<p>Calories: 879 / Sodium: 818 mg</p>	<p>Calories: 877 / Sodium: 692 mg</p>
25	26	27	28	29
<p><b>Chicken Diane, Buttered Noodles, Green Beans, LS Wheat Bread, Chocolate Pudding/topping</b></p>	<p><b>Cream of Tomato Soup, Unstuffed Pepper Casserole, Spinach LS wheat bread, Pears</b></p>	<p><b>Macaroni &amp; Cheese, Broccoli &amp; Cauliflower, LS Multigrain Bread, Oatmeal Raisin Cookie</b></p>	<p><b>Holiday - No Meals</b></p>	<p><b>Quinoa White Bean Casserole, Brussels Sprouts, LS Multigrain bread, Applesauce</b></p>
<p>Calories: 806 / Sodium: 779 mg</p>	<p>Calories: 804 / Sodium: 823 mg</p>	<p>Calories: 763 / Sodium: 1111 mg</p>		<p>Calories: 741 / Sodium: 960 mg</p>
				