

# Mystic Valley Elder Services

## November 2024

### Trio - Supper

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. Also available at MVES.Org</b></p> <p>Each meal contains milk. Sodium and calories already included in daily totals</p>			<p><b>Egg Salad, Lettuce Leaf Garden Shell Pasta Salad, Broccoli Slaw, LS Wheat Bread, Pears</b></p> <p>Calories: 822 / Sodium: 786 mg</p>
4	5	6	7	8
<p><b>Turkey &amp; Provolone Cheese, Lite Mayo Italian Pasta Salad, Broccoli Slaw, LS Wheat, Yogurt</b></p> <p>Calories: 850 / Sodium: 1103 mg</p>	<p><b>LS Ham &amp; Swiss cheese, Mustard, Carrot Raisin Salad, Orzo Veg. Salad, LS Wheat Bread, Orange</b></p> <p>Calories: 871 / Sodium: 1074 mg</p>	<p><b>Tuna Salad , Lettuce Leaf, Potato Salad, Spinach w/ Mandarin Orange Salad, Wheat Bread, Lorna Doones</b></p> <p>Calories: 766 / Sodium: 891 mg</p>	<p><b>Chicken salad, Quinoa Tabbouleh, Beet Salad, LS wheat, Applesauce</b></p> <p>Calories: 701 / Sodium: 699 mg</p>	<p><b>Roast Beef , Provolone cheese Sandwich on Multigrain bread, Lettuce Leaf , Roman Blend Salad, Garden Shell Pasta Salad, Mixed Fruit</b></p> <p>Calories: 945 / Sodium: 982 mg</p>
11	12	13	14	15
<p><b>Holiday - No Meals</b></p>	<p><b>Chicken Salad, Italian Pasta Salad, Mediterranean Salad, Multigrain Bread, Fresh Fruit</b></p> <p>Calories: 854 / Sodium: 857 mg</p>	<p><b>Tuna Salad Lettuce on Wheat Bread, Potato Salad, Squash, Zucchini, Red Onion Salad, Diet Vanilla Pudding/Topping</b></p> <p>Calories: 724 / Sodium: 797 mg</p>	<p><b>Egg Salad, Root Vegetable Salad, Macaroni Salad, LS Wheat Bread, Lorna Doones</b></p> <p>Calories: 844 / Sodium: 715 mg</p>	<p><b>Turkey , Provolone Cheese , Lite Mayo, Lettuce Leaf, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Peaches</b></p> <p>Calories: 718 / Sodium: 1231 mg</p>
18	19	20	21	22
<p><b>Egg Salad, Riviera Salad, Italian Pasta Salad, LS Wheat Bread, Vanilla Pudding/Topping</b></p> <p>Calories: 821 / Sodium: 808 mg</p>	<p><b>Tuna Salad, Lettuce Leaf, Summer Squash Salad, Ziti Broccoli Salad, Multigrain bread, Lorna Doones</b></p> <p>Calories: 752 / Sodium: 856 mg</p>	<p><b>Roast Beef, Provolone Cheese, Lite Mayo, Lettuce Leaf, Garden Shell Pasta salad, Root Veg Salad, LS Wheat Bread, Mixed Fruit</b></p> <p>Calories: 933 / Sodium: 948 mg</p>	<p><b>Turkey , Swiss Cheese Lettuce Leaf, Lite Mayo, Potato Salad, Squash, Zucchini, Red onion Salad, Multigrain Bread, Fresh Fruit</b></p> <p>Calories: 790 / Sodium: 1006 mg</p>	<p><b>Chicken Salad, Lettuce Leaf, Barley Raisin Salad, Beet Salad, LS Wheat Bread, Applesauce</b></p> <p>Calories: 806 / Sodium: 866 mg</p>
25	26	27	28	29
<p><b>Turkey, Swiss cheese Lite Mayo, Riviera Salad, Italian Pasta Salad, LS Wheat Bread, Peaches</b></p> <p>Calories: 873 / Sodium: 1017 mg</p>	<p><b>Chicken Salad, Lettuce Leaf, Orzo Veg Salad, Cole Slaw, Multigrain bread, Lorna Doones</b></p> <p>Calories: 778 / Sodium: 705 mg</p>	<p><b>Egg Salad, Lettuce Leaf, 3 Bean Salad, Spinach &amp; Mandarin Orange Salad, LS Wheat Bread, Diet Chocolate Pudding/Topping</b></p> <p>Calories: 609 / Sodium: 756 mg</p>	<p><b>Holiday - No Meals</b></p>	<p><b>Tuna Salad, Potato Salad, Summer Squash Salad, LS Wheat Bread, Orange</b></p> <p>Calories: 752 / Sodium: 792 mg</p>
				