

December 2024

Mystic Valley Elder Services

Chopped/ Ground/ Puree

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Nutritional Shake Calories 765 Sodium 730	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 817 Sodium 543	Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 672 Sodium 819	Lentil Bolognese with Parmesan Whole Grain Pasta Broccoli Fruit Nutritional Shake Calories 655 Sodium 597	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Calories 832 Sodium 746
9	10	11	12	13
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Calories 677 Sodium 396	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Calories 747 Sodium 455	Pork with Mushroom Cream Sauce Whole Grain Pasta Green Beans Fruit Nutritional Shake Calories 778 Sodium 726	Chicken Tacos Brown Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 826 Sodium 584	Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit Nutritional Shake Calories 771 Sodium 631
16	17	18	19	20
Egg Omelet w/ cheddar cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 667 Sodium 652	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots & Fruit Nutritional Shake Calories 740 Sodium 755	Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake Calories 793 Sodium 586	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Calories 752 Sodium 531	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Calories 900 Sodium 542
23	24	25	26	27
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Calories 747 Sodium 554	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake Calories 807 Sodium 539	Christmas	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Calories 719 Sodium 533	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake Calories 713 Sodium 689
30	31			
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Nutritional Shake Calories 765 Sodium 730	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Calories 817 Sodium 543		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303	Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.