


December 2024

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetarian Lentil Stew White Rice Zucchini Mixed Fruit Calories 609 Sodium 680 Carb 77	Chicken Meatballs w/ gravy Ziti Green Beans Diet Gelatin/Topping Calories 571 Sodium 455 Carb 58	Beef Pot Roast w/ Gravy- Buttered Noodles Carrots Tropical Fruit Calories 624 Sodium 428 Carb 71	Catch of the Day Pollock Mediterranean Sauce quinoa pilaf Roman Blend Applesauce Calories 543 Sodium 653 Carb 62	Chicken Souvlaki over Orzo Scandinavian Blend Veg Pears Calories 708 Sodium 719 Carb 72
9	10	11	12	13
Unstuffed Pepper casserole Fall/Winter blend veg Peaches Calories 622 Sodium 431 Carb 51	Chicken Fajitas White Rice Fiesta Blend Veg Pears Calories 700 Sodium 500 Carb 72	Alaskan Breaded Pollock Whipped Butternut Squash Spinach Applesauce Calories 570 Sodium 552 Carb 70	Beef Meatloaf LS Brown Gravy Roasted Root Vegetable Peas Diet Vanilla Pudding/Topping Calories 687 Sodium 616 Carb 53	Mixed Bean & Vegetable Stew Cauliflower Tropical Fruit Calories 525 Sodium 628 Carb 70
16	17	18	19	20
Turkey with Gravy Roasted Root Vegetable Brown Rice Mixed Fruit Calories 499 Sodium 843 Carb 66	Pot Roast Burgundy Buttered Noodles Spinach Mandarin Oranges Calories 636 Sodium 548 Carb 73	Greek Chicken over Seasoned Orzo Italian Blend Veg Diet Gelatin w/Topping Calories 597 Sodium 611 Carb 65	Chicken Meatballs w/ Bruschetta Sauce with Ziti Brussel Sprouts Fresh Fruit Calories 632 Sodium 462 Carb 79	Cod w/ Lemon Dill Sauce- Italian Roasted White Potatoes Tuscany Blend Vegetables Peaches Calories 475 Sodium 452 Carb 59
23	24	25	26	27
Tuna Noodle Casserole Zucchini & Cauliflower Diet Vanilla Pudding/topping Calories 513 Sodium 709 Carb 56	Chicken Stew Butternut Squash Brussels Sprouts Mixed Fruit Calories 629 Sodium 598 Carb 82	Christmas	Quinoa White Bean Casserole Carrots Peaches Calories 641 Sodium 908 Carb 86	Pot Roast Burgundy White rice Spinach Tropical Fruit Calories 574 Sodium 513 Carb 64
30	31			
Vegetarian Lentil Stew White Rice Zucchini Mixed Fruit Calories 609 Sodium 680 Carb 77	Chicken Meatballs w/ gravy Ziti Green Beans Diet Gelatin/Topping Calories 571 Sodium 455 Carb 58		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 110mg Na+ for milk and 30 mg Na+ for Margarine.