

January 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.</p>	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p> 	<p>New Years Day Holiday – No Meals</p>	<p>Chicken Meatballs w/Teriyaki Sauce Lo Mein Noodles Stir Fry Vegetables Gelatin w/topping</p> <p>Calories 633 Sodium 777 Carb 62</p>	<p>Beef Burgundy Mashed Potatoes Root Vegetables Dried cranberries</p> <p>Calories 708 Sodium 436 Carb 100</p>
6	7	8	9	10
<p>Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Tropical Fruit</p> <p>Calories 632 Sodium 744 Carb 65</p>	<p>Potato Pollock w/ lemon wedge Quinoa Pilaf Broccoli & Cauliflower Oatmeal Raisin Cookie</p> <p>Calories 700 Sodium 500 Carb 75</p>	<p>Chicken Meatballs w/Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit</p> <p>Calories 628 Sodium 506 Carb 76</p>	<p>Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions-30 Applesauce</p> <p>Calories 607 Sodium 783 Carb 64</p>	<p>Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping</p> <p>Calories 603 Sodium 458 Carb 63</p>
13	14	15	16	17
<p>Mixed Bean & Veg Stew Chicken Meatballs Brussels Sprouts Applesauce</p> <p>Calories 643 Sodium 782 Carb 73</p>	<p>Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit</p> <p>Calories 613 Sodium 513 Carb 76</p>	<p>Chicken Meatballs w Gravy Ziti Pasta Riviera Blend Peaches</p> <p>Calories 603 Sodium 468 Carb 69</p>	<p>American Chop Suey Broccoli Gelatin w/ Topping</p> <p>Calories 685 Sodium 544 Carb 80</p>	<p>Chicken Rice Bake Spinach Mixed Fruit</p> <p>Calories 531 Sodium 702 Carb 54</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Beef Chili Brown Rice Zucchini & Cauliflower Pears</p> <p>Calories 535 Sodium 605 Carb 70</p>	<p>Chicken Diane Seasoned orzo California Blend Lorna Doones</p> <p>Calories 660 Sodium 649 Carb 73</p>	<p>Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Gelatin w/topping</p> <p>Calories 590 Sodium 935 Carb 78</p>	<p>Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Applesauce</p> <p>Calories 535 Sodium 722 Carb 72</p>
27	28	29	30	31
<p>Cheese Omelet Sausage Patty O'Brien Potatoes Stewed Tomatoes Fresh Fruit</p> <p>Calories 567 Sodium 904 Carb 61</p>	<p>Ziti with Bruschetta Sauce Chicken meatballs Tuscany Blend Peaches</p> <p>Calories 596 Sodium 499 Carb 70</p>	<p>Pork w/Apple Glaze Roasted Sweet Potatoes Green Beans Pears</p> <p>Calories 756 Sodium 684 Carb 74</p>	<p>Chicken w/Saute Vegetables Jasmine Coconut Rice Gelatin w/Topping</p> <p>Calories 592 Sodium 562 Carb 52</p>	<p>Meatloaf w/gravy Buttered Noodles Peas & Carrots Chocolate Chip Cookie</p> <p>Calories 771 Sodium 529 Carb 71</p>