

December 2024

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetarian Lentil Stew (487) White Rice (6) Zucchini (5) LS Wheat Bread (90) Mixed Fruit (3) Calories 806 Sodium 776	Ziti w/ Tomato Sauce (358) & Chicken Meatballs (210) Green Beans (3) LS Wheat bread (90) Diet Gelatin/Topping (10) Calories 679 Sodium 846	Beef Pot Roast w/ Gravy (131) Mashed Potatoes (68) Carrots (77) Tropical Fruit (1) Wheat Bread (90) Calories 764 Sodium 553	Catch of the Day Pollock (180) Mediterranean Sauce (198) quinoa pilaf (56) Roman Blend (33) LS Multigrain bread (135) Applesauce (14) Calories 673 Sodium 788	Chicken Souvlaki over Orzo (488) Scandinavian Blend Veg (41) LS Wheat Bread (90) Pears (5) Calories 798 Sodium 809
9	10	11	12	13
Unstuffed Pepper casserole (224) Fall/Winter blend veg (14) LS wheat bread (90) Peaches (8) Calories 712 Sodium 521	Chicken Fajitas (281) Rice and Beans (69) Fiesta Blend Veg (24) Wheat bread (90) Pears (5) Calories 900 Sodium 654	Alaskan Breaded Pollock (190) Whipped Butternut Squash (32) Spinach (145) Multigrain bread (150) Applesauce (14) Calories 640 Sodium 702	Beef Meatloaf & Salisbury steak (116) LS Brown Gravy (52) Roasted Root Vegetable (34) Peas (85) Wheat roll (180) Diet Vanilla Pudding/Topping (144) Calories 777 Sodium 796	Mixed Bean & Vegetable Stew (426) Cauliflower (17) LS Wheat bread (90) Tropical Fruit (1) Calories 615 Sodium 718
16	17	18	19	20
Chicken with Orange Sauce (243) Stir Fry Vegetables (6) Brown Rice (5) LS Wheat Bread (90) Mixed Fruit (3) Calories 657 Sodium 533	Pot Roast Burgundy (177) Garlic Mashed Potatoes (48) Spinach (145) Low Salt Wheat bread (90) Mandarin Oranges (7) Calories 762 Sodium 652	Greek Chicken (365) Seasoned Orzo (32) Italian Blend Veg (19) Wheat Bread (90) Diet Gelatin w/Topping (10) Calories 687 Sodium 701	Cheese Lasagna, Cheese (557) Brussels Sprouts (17) LS Wheat Bread (90) Fresh Fruit (1) Calories 628 Sodium 850	Cod w/ Lemon Dill Sauce (206) Italian Roasted White Potatoes (154) Tuscany Blend Vegetables (47) Multigrain Bread (150) Peaches (8) Calories 602 Sodium 607
23	24	25	26	27
Tuna Noodle Casserole (374) Zucchini & Cauliflower (6) LS Wheat Bread (90) Diet Vanilla Pudding/topping (144) Calories 603 Sodium 799	Chicken Stew (361) Butternut Squash (32) Brussels Sprouts (17) LS Wheat bread (90) Mixed Fruit (3) Calories 719 Sodium 688	Christmas	Quinoa White Bean Casserole (638) Carrots (77) Wheat Bread (90) Peaches (8) Calories 731 Sodium 998	Shepherd's Pien (208) Spinach (145) Wheat Dinner roll (180) Tropical Fruit (1) Calories 747 Sodium 717
30	31			
Vegetarian Lentil Stew (487) White Rice (6) Zucchini (5) LS Wheat Bread (90) Mixed Fruit (3) Calories 806 Sodium 776	Ziti w/ Tomato Sauce (358) & Chicken Meatballs (210) Green Beans (3) LS Wheat bread (90) Diet Gelatin/Topping (10) Calories 679 Sodium 846	 <p>TRIO Community Meals an elior company</p>	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. Individual Sodium amount in (_)