


December 2024

Mystic Valley Elder Services

Trio HDM Chilled

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breaded Pollock w/ Lemon (190) Herbed rice (84) Ratatouille (116) Dinner Roll (180) Orange (0) Calories 588 Sodium 725	Minestrone Soup (261) Greek Chicken Over Orzo (511) Butternut Squash (32) Dinner Roll (180) Mandarin Oranges (7) Calories 863 Sodium 1112	Beef Stew (346) Fiesta Blend Vegetables (24) Wheat Bread (90) Fig bar (149) Calories 822 Sodium 763	Chicken Alfredo Pasta (481) Zucchini & Tomatoes (64) Wheat Bread (90) Mixed Fruit (3) Calories 566 Sodium 793	Mixed Bean & Veg stew (426) Cauliflower florets (17) Multigrain Bread (150) Chocolate Pudding w/Topping (190) Calories 716 Sodium 943
9	10	11	12	13
Wild rice w/chicken soup (141) Tuna Noodle Casserole (374) Roman Blend Vegetables (33) Oatmeal Bread (140) Pumpkin Cookie (114) Calories 836 Sodium 957	Shepherd's Pie (beef) (208) Harvard Beets (238) Multigrain Bread (150) Apple Slices (9) Calories 716 Sodium 760	Lasagna Roll w/ Tomato Sauce (684) Chicken Meatballs (210) Brussels Sprouts (17) LS Wheat Bread (90) Mixed Fruit (3) Calories 777 Sodium 1159	WINTER SPECIAL Beef, Pot Roast w/Gravy (131) Italian Roasted Red Bliss Potatoes (16) Honey glazed carrots & parsnips (42) Snowflake Dinner Roll (132) Boston Cream Cup (309) Calories 795 Sodium 786	Chicken Fajitas (281) Rice & Beans (69) Spinach (145) Wheat Tortilla (170) Pineapple (9) Calories 858 Sodium 829
16	17	18	19	20
Beef Chili (404) Brown rice (5) California Blend Veg (30) Dinner Roll (180) Applesauce (14) Calories 596 Sodium 788	Cream of Butternut Squash Soup (103) Chicken Marsala (399) Buttered Noodles (35) Ratatouille (116) Wheat Bread (90) Fruit (1) Calories 901 Sodium 955	Broccoli Egg Bake (475) Potatoes w/ red peppers/onions (19) Stewed tomatoes (251) Wheat Bread (90) Pears (5) Calories 711 Sodium 995	Roast Turkey w/Gravy (616) Butternut Squash (32) Brussels sprouts (17) Wheat Bread (90) Oatmeal Raisin Cookie (75) Calories 553 Sodium 985	Salisbury Steak Meatloaf, gravy (168) Mashed Potatoes (68) Scandinavian Blend Veg (41) Dinner Roll (180) Vanilla Pudding w/Topping (174) Calories 1005 Sodium 786
23	24	25	26	27
Macaroni & Cheese (777) Brussels Sprouts (17) LS Wheat Bread (90) Mandarin Oranges (7) Calories 770 Sodium 1046	Pot Roast Stroganoff (192) Over Buttered Noodles (35) Root vegetables (34) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 794 Sodium 760	Christmas	Italian Garden Veg Soup (142) Chicken A L'Orange w/ rice (358) Green Beans and Red Peppers (18) Oatmeal bread (140) Apple Raisin Compote (9) Calories 900 Sodium 866	Turkey Vegetable Casserole (665) Mashed sweet potatoes (28) Wheat Bread (90) Mixed Fruit (3) Calories 575 Sodium 941
30	31			
Chicken Cacciatore (644) over Seasoned orzo (32) Jardiniere blend vegetables (32) Wheat Bread (90) Fresh Fruit (1) Calories 702 Sodium 954	Cheese Omelet (210) Sausage link (165) Italian Roasted Red Bliss Potatoes (16) Red peppers, mushrooms & onion (79) Wheat Bread (90) Applesauce (14) Calories 567 Sodium 729		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 (_)