

December 2024

Mystic Valley Elder Services

Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetarian Lentil Stew Whipped Sweet Potatoes Zucchini Sysco Shake Mixed Fruit Calories 921 Sodium 803	Chicken Meatballs w/ tomato sauce Ziti Green Beans Sysco Shake Gelatin/Topping Calories 814 Sodium 884	Beef Pot Roast w/ Gravy- Mashed Potatoes Carrots Sysco Shake Chocolate Pudding w/ Topping Calories 1191 Sodium 820	Catch of the Day Pollock Mediterranean Sauce quinoa pilaf Roman Blend Sysco Shake & Applesauce Calories 743 Sodium 748	Chicken Souvlaki over Orzo Broccoli Sysco Shake Pears Calories 892 Sodium 785
9	10	11	12	13
Unstuffed Pepper casserole Fall/Winter blend veg Sysco Shake Peaches Calories 822 Sodium 526	Chicken Fajitas Rice & Beans Fiesta Blend Veg Sysco Shake Pears Calories 1010 Sodium 659	Alaskan Breaded Pollock Whipped Butternut Squash Spinach Sysco Shake Applesauce Calories 809 Sodium 704	Beef Meatloaf w/ LS Brown Gravy Roasted Root Vegetable Mashed Potatoes Sysco Shake Vanilla Pudding/Topping Calories 1168 Sodium 724	Mixed Bean & Vegetable Stew Cauliflower Sysco Shake Tropical Fruit Calories 725 Sodium 723
16	17	18	19	20
Turkey with Gravy Roasted Root Vegetable Mashed Potatoes Sysco Shake Mixed Fruit Calories 802 Sodium 1001	Pot Roast Burgundy Garlic Mashed Potatoes Spinach Sysco Shake Mandarin Oranges Calories 872 Sodium 657	Greek Chicken over Seasoned Orzo Italian Blend Veg Sysco Shake Gelatin w/Topping Calories 862 Sodium 765	Cheese Lasagna Brussels Sprouts Sysco Shake Chocolate pudding/topping Calories 1049 Sodium 1117	Cod w/ Lemon Dill Sauce- Roasted Potatoes Tuscany Blend Vegetables Sysco Shake Peaches Calories 675 Sodium 547
23	24	25	26	27
Tuna Noodle Casserole Zucchini & Cauliflower Sysco Shake Vanilla Pudding/topping Calories 803 Sodium 894	Chicken Stew Whipped Butternut Squash Brussels Sprouts Sysco Shake Mixed Fruit Calories 829 Sodium 693	Christmas	Quinoa White Bean Casserole Carrots Sysco Shake Peaches Calories 841 Sodium 1003	Shepherd's Pie Spinach Sysco Shake Pears Calories 816 Sodium 775
30	31			
Vegetarian Lentil Stew Whipped Sweet Potatoes Zucchini Sysco Shake Mixed Fruit Calories 921 Sodium 803	Chicken Meatballs w/ tomato sauce Ziti Green Beans Sysco Shake Gelatin/Topping Calories 814 Sodium 884		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. Total Include 110 mg Na+ for milk and 30 mg Na+ for Margarine. Items prepared to texture ordered.