

# December 2024

# Mystic Valley Elder Services

# Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Vegetarian Lentil Stew</b> <b>White Rice</b> <b>Zucchini</b> <b>LS Wheat Bread</b> <b>Mixed Fruit</b> <b>Calories 806 Sodium 776</b>	<b>Ziti w/ Tomato Sauce &amp; Chicken Meatballs</b> <b>Green Beans</b> <b>LS Wheat bread</b> <b>Gelatin</b> <b>Calories 665 Sodium 856</b>	<b>Beef Pot Roast w/ Gravy</b> <b>Butter Noodles</b> <b>Carrots</b> <b>Tropical Fruit</b> <b>Wheat Bread</b> <b>Calories 714 Sodium 518</b>	<b>Catch of the Day Pollock</b> <b>Scarpariello Sauce</b> <b>Quinoa pilaf &amp; Roman Blend</b> <b>LS Multigrain bread</b> <b>Applesauce</b> <b>Calories 614 Sodium 662</b>	<b>Chicken Souvlaki over Orzo</b> <b>Scandinavian Blend Veg</b> <b>LS Wheat Bread</b> <b>Pears</b> <b>Calories 798 Sodium 809</b>
9	10	11	12	13
<b>Unstuffed Pepper casserole</b> <b>Fall/Winter blend veg</b> <b>LS wheat bread</b> <b>Peaches</b> <b>Calories 712 Sodium 521</b>	<b>Chicken Fajitas</b> <b>Rice and Beans</b> <b>Fiesta Blend Veg</b> <b>Wheat bread</b> <b>Pears</b> <b>Calories 900 Sodium 654</b>	<b>Alaskan Breaded Pollock</b> <b>Whipped Butternut Squash</b> <b>Spinach</b> <b>Multigrain bread</b> <b>Applesauce</b> <b>Calories 640 Sodium 702</b>	<b>Beef Meatloaf</b> <b>LS Brown Gravy</b> <b>Roasted Root Vegetable</b> <b>Peas &amp; Wheat roll</b> <b>Lorna Doone Cookie</b> <b>Calories 850 Sodium 752</b>	<b>Mixed Bean &amp; Vegetable Stew</b> <b>Cauliflower</b> <b>LS Wheat bread</b> <b>Tropical Fruit</b> <b>Calories 615 Sodium 718</b>
16	17	18	19	20
<b>Turkey with gravy</b> <b>Roasted Root Vegetables</b> <b>Brown Rice</b> <b>LS Wheat Bread</b> <b>Mixed Fruit</b> <b>Calories 589 Sodium 933</b>	<b>Pot Roast Burgundy</b> <b>Garlic Mashed Potatoes</b> <b>Spinach</b> <b>LS Wheat bread</b> <b>Mandarin Oranges</b> <b>Calories 762 Sodium 652</b>	<b>Greek Chicken</b> <b>Seasoned Orzo</b> <b>Italian Blend Veg</b> <b>Wheat Bread</b> <b>Diet Gelatin</b> <b>Calories 687 Sodium 701</b>	<b>Chicken Meatballs w/ Bruschetta</b> <b>Sauce over Ziti</b> <b>Brussels Sprouts</b> <b>LS Wheat Bread</b> <b>Fresh Fruit</b> <b>Calories 717 Sodium 538</b>	<b>Cod w/ Lemon Pepper Sauce</b> <b>Italian Roasted White Potatoes</b> <b>Tuscany Blend Vegetables</b> <b>Multigrain Bread</b> <b>Peaches</b> <b>Calories 561 Sodium 646</b>
23	24	25	26	27
<b>Cod with Newburg Sauce</b> <b>Herber White Rice</b> <b>Zucchini &amp; Cauliflower</b> <b>LS Wheat Bread</b> <b>Gelatin</b> <b>Calories 457 Sodium 819</b>	<b>Chicken Stew</b> <b>Butternut Squash</b> <b>Brussels Sprouts</b> <b>LS Wheat bread</b> <b>Lorna Doone Cookie</b> <b>Calories 719 Sodium 688</b>	<b>Christmas</b>	<b>Quinoa White Bean Casserole</b> <b>Carrots</b> <b>Wheat Bread</b> <b>Peaches</b> <b>Calories 731 Sodium 998</b>	<b>Pot Roast Burgundy</b> <b>White Rice</b> <b>Spinach</b> <b>Wheat Dinner roll</b> <b>Tropical Fruit</b> <b>Calories 664 Sodium 693</b>
30	31			
<b>Vegetarian Lentil Stew</b> <b>White Rice</b> <b>Zucchini</b> <b>LS Wheat Bread</b> <b>Mixed Fruit</b> <b>Calories 806 Sodium 776</b>	<b>Ziti w/ Tomato Sauce &amp; Chicken Meatballs</b> <b>Green Beans</b> <b>LS Wheat bread</b> <b>Gelatin</b> <b>Calories 665 Sodium 856</b>		<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>	<b>Menu Subject to change.</b> <b>Totals Include 110mg Na+ for Lactaid milk and 30 mg Na+ per Margarine.</b>