


January 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change. Totals include 110mg sodium for Lactaid & 30 mg sodium in 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 Wheat Bread Gelatin w/topping Calories 723 Sodium 867</p>	<p>Beef Burgundy Mashed Potatoes Root Vegetables Whole Wheat Roll Dried cranberries Calories 798 Sodium 616</p>
6	7	8	9	10
<p>Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Wheat Bread Tropical Fruit Calories 692 Sodium 804</p>	<p>Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Calories 814 Sodium 787</p>	<p>Chicken Meatballs with Tomato Basil Wine Sauce over Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Calories 688 Sodium 656</p>	<p>Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce Calories 622 Sodium 1102</p>	<p>Beef Pot Roast w/Gravy Mashed Potatoes Carrots Dinner Roll Gelatin w/Topping Calories 708 Sodium 597</p>
13	14	15	16	17
<p>Mixed Bean & Veg Stew Chicken Meatballs Brussels Sprouts Wheat Dinner Roll Brownie Calories 760 Sodium 1051</p>	<p>Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Calories 673 Sodium 573</p>	<p>Chicken Meatballs w/ Ziti & Gravy Riviera Blend Multigrain Bread Peaches Calories 659 Sodium 578</p>	<p>American Chop Suey Broccoli Oat Bread Lorna Doones Calories 1071 Sodium 832</p>	<p>Chicken Stew Spinach Garlic Knot Mixed Fruit Calories 601 Sodium 904</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Beef Chili Brown Rice Zucchini & Cauliflower Dinner Roll Pears Calories 593 Sodium 708</p>	<p>Chicken Diane Seasoned orzo California Blend Oat Bread Cupcake Calories 829 Sodium 804</p>	<p>Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Whole Wheat Roll Gelatin w/topping Calories 650 Sodium 1085</p>	<p>Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce Calories 596 Sodium 782</p>
27	28	29	30	31
<p>Plain Egg Patty & Sausage Patty O'Brien Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Calories 627 Sodium 964</p>	<p>Ziti w/Bruschetta Sauce Chicken meatballs Tuscany Blend Garlic Dinner Roll Peaches Calories 683 Sodium 588</p>	<p>Pork with Apples Roasted Sweet Potatoes Green Beans Dinner Roll Pears Calories 814 Sodium 787</p>	<p>Chicken w/Sauté Vegetables Jasmine Coconut Rice Multigrain Bread Gelatin w/Topping Calories 632 Sodium 682</p>	<p>Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 831 Sodium 679</p>