

December 2024

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetarian Lentil Stew White Rice Zucchini White Bread Mixed Fruit & Cranberry Juice Calories 765 Sodium 744	Chicken Meatballs w/ gravy & Ziti Green Beans LS Wheat Bread Diet Gelatin/Topping Apple Juice Calories 603 Sodium 424	Beef Pot Roast w/ Gravy- Buttered Noodles Carrots LS Wheat Bread Tropical Fruit & Apple Juice Calories 657 Sodium 398	Catch of the Day Pollock Mediterranean Sauce quinoa pilaf & Roman Blend LS Wheat Bread Applesauce & Apple Juice Calories 575 Sodium 622	Chicken Souvlaki over Orzo Scandinavian Blend Veg LS Wheat Bread Pears Apple Juice Calories 741 Sodium 688
9	10	11	12	13
Unstuffed Pepper casserole Fall/Winter blend veg LS Wheat Bread Peaches Apple Juice Calories 654 Sodium 400	Chicken Fajitas w/ White Rice Fiesta Blend Veg LS Wheat Bread Pears Cranberry Juice Calories 749 Sodium 468	Alaskan Breaded Pollock Whipped Butternut Squash Spinach Multigrain Bread Applesauce & Apple Juice Calories 582 Sodium 581	Beef Meatloaf w/ LS Brown Gravy Roasted Root Vegetable Peas White Bread Lorna Doones & Apple Juice Calories 793 Sodium 632	Mixed Bean & Vegetable Stew Cauliflower LS Wheat Bread Tropical Fruit Apple Juice Calories 557 Sodium 598
16	17	18	19	20
Turkey with Gravy Roasted Root Vegetable Brown Rice LS Wheat Bread Mixed Fruit & Apple Juice Calories 531 Sodium 813	Pot Roast Burgundy Buttered Noodles Spinach LS Wheat Bread Mandarin Oranges & Apple Juice Calories 672 Sodium 377	Greek Chicken over Seasoned Orzo Italian Blend Veg LS Wheat Bread Diet Gelatin w/Topping Apple Juice Calories 360 Sodium 581	Chicken Meatballs w/ Bruschetta Sauce with Ziti Winter Blend Vegetable LS Wheat Bread Fresh Fruit & Cranberry Juice Calories 663 Sodium 427	Cod w/ Lemon Dill Sauce- Chuckwagon Corn Tuscany Blend Vegetables White Bread Peaches & Cranberry Juice Calories 459 Sodium 506
23	24	25	26	27
Tuna Noodle Casserole Zucchini & Cauliflower LS Wheat Bread Diet Vanilla Pudding/topping Apple Juice Calories 545 Sodium 679	Chicken Stew w/ White Rice Brussels Sprouts LS Wheat Bread Mixed Fruit & Apple Juice Calories 760 Sodium 637	Christmas	Quinoa White Bean Casserole Carrots LS Wheat Bread Peaches & Apple Juice Calories 674 Sodium 878	Pot Roast Burgundy w/ White rice Spinach Dinner Roll Tropical Fruit & Apple Juice Calories 606 Sodium 573
30	31			
Vegetarian Lentil Stew White Rice Zucchini White Bread Mixed Fruit & Cranberry Juice Calories 765 Sodium 744	Chicken Meatballs w/ gravy & Ziti Green Beans LS Wheat Bread Diet Gelatin/Topping Apple Juice Calories 603 Sodium 424		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. Include 52 mg Na+ for 4 oz milk and 30 mg Na+ for Margarine.