

January 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. Include 52 mg sodium for 4 oz milk and 30 mg sodium for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 	New Years Day Holiday – No Meals	Chicken Meatballs w/Teriyaki Sauce Lo Mein Noodles Stir Fry Vegetables Wheat Bread Gelatin w/topping & Apple Juice Calories 695 Sodium 622	Beef Burgundy white rice Root Vegetables Whole Wheat Roll Dried cranberries & Cranberry Juice Calories 787 Sodium 524
6	7	8	9	10
Chicken Marsala Buttered Noodles Green Beans Wheat Bread Tropical Fruit & Apple Juice Calories 746 Sodium 592	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie & Apple Juice Calories 787 Sodium 697	Chicken Meatballs w/ Tomato Basil Wine Sauce over Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit & Cranberry Juice Calories 683 Sodium 565	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce & Apple Juice Calories 619 Sodium 813	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Dinner Roll Gelatin w/Topping & Apple Juice Calories 633 Sodium 470
13	14	15	16	17
Mixed Bean & Veg Stew Chicken Meatballs Brussels Sprouts Wheat Bread Applesauce & Cranberry Juice Calories 691 Sodium 750	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit & Apple Juice Calories 645 Sodium 483	Chicken Meatballs w/ Beef Gravy w/ Ziti Pasta Riviera Blend Multigrain Bread Peaches & Apple Juice Calories 615 Sodium 497	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 774 Sodium 562	Chicken Rice Bake Zucchini & Cauliflower Garlic Knot Dinner Roll Mixed Fruit Apple Juice Calories 575 Sodium 577
20	21	22	23	24
Martin Luther King Jr. Day Holiday – No Meals	Beef Chili Brown Rice Zucchini & Cauliflower Dinner Roll Pears & Cranberry Juice Calories 581 Sodium 615	Chicken Diane Seasoned orzo California Blend Oat Bread Lorna Doones & Apple Juice Calories 732 Sodium 644	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Gelatin w/topping Calories 623 Sodium 905	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce & Apple Juice Calories 589 Sodium 691
27	28	29	30	31
Cheese Omelet Sausage Patty O'Brien Potatoes Peppers, Mush, & Onions-30 Wheat Bread Fresh Fruit & Cranberry Juice Calories 585 Sodium 700	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 583 Sodium 808	Pork w/Apple Glaze Whipped Sweet Potatoes Green Beans Dinner Roll Pears Cranberry Juice Calories 586 Sodium 304	Chicken w/Sauté Vegetables Jasmine Coconut Rice Multigrain Bread Gelatin w/ Topping Apple Juice Calories 604 Sodium 592	Meatloaf w/ LS gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Apple Juice Calories 803 Sodium 589