

February 2025

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to change. Totals Include 110mg sodium for 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
3	4	5	6	7
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Applesauce Calories 557 Sodium 861 Carb 43	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Mixed Fruit Calories 724 Sodium 689 Carb 90	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping Calories 645 Sodium 461 Carb 66	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Lorna Doones Calories 732 Sodium 605 Carb 76	White Bean and Spinach Stew Green Beans Fresh Fruit Calories 597 Sodium 712 Carb 83
10	11	12	13	14
Dijon Pork Brown Rice Cabbage & Carrots Peaches Calories 629 Sodium 545 Carb 75	Chicken Souvlaki Seasoned Orzo Spring blend vegetables Applesauce Calories 711 Sodium 755 Carb 71	Stuffed Shells w/ Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Fresh Fruit Calories 655 Sodium 763 Carb 77	Broccoli & Cheese Stuffed Chicken Whipped Sweet Potatoes Jardinere Blend Lorna Doones Calories 683 Sodium 710 Carb 79	Chicken w/Orange Sauce White Rice Zucchini & Tomatoes Mandarin Oranges Calories 549 Sodium 563 Carb 69
17	18	19	20	21
Presidents' Day Holiday – No Meals	Chicken Stir Fry Brown Rice Fresh Fruit Calories 547 Sodium 651 Carb 69	Spinach & Red Pepper Frittata Turkey Sausage Red Bliss Potatoes Brussels Sprouts Gelatin w/ Topping Calories 578 Sodium 713 Carb 50	Pollock w/Dijon Wine Sauce 2 oz Cous Cous Peas and Pearl Onions Pears Calories 574 Sodium 640 Carb 76	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Apple Slices w/cinnamon Calories 584 Sodium 874 Carb 82
24	25	26	27	28
Ziti w/ tomato sauce Chicken meatballs Green Beans Mixed Fruit Calories 632 Sodium 932 Carb 80	BBQ Pulled Pork Root Vegetables Broccoli Hamburger Bun Peaches Calories 708 Sodium 894 Carb 74	Greek Chicken Seasoned Orzo Riviera Blend Oatmeal Raisin Cookie Calories 659 Sodium 779 Carb 74	Mixed Bean & Veg Stew Chicken Meatballs Fiesta Blend Veg Fresh Fruit Calories 690 Sodium 777 Carb 86	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Applesauce Calories 794 Sodium 531 Carb 84