

February 2025

Mystic Valley Elder Services

Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. Total Include 110 mg sodium for milk and 30 mg sodium per Margarine.</p>	<p>Items altered and prepared to texture ordered.</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>
3	4	5	6	7
<p>Chicken Cacciatore OVER Cavatappi Pasta Broccoli & Cauliflower Applesauce Sysco Shake</p> <p>Calories 757 Sodium 956</p>	<p>Potato Pollock w/ lemon Whipped Sweet Potatoes Peas & Mushrooms Mixed Fruit Sysco Shake</p> <p>Calories 924 Sodium 784</p>	<p>Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake</p> <p>Calories 1054 Sodium 713</p>	<p>Swedish Chicken Meatballs OVER Egg Noodles Brussels Sprouts Gelatin w/Topping Sysco Shake</p> <p>Calories 833 Sodium 633</p>	<p>White Bean and Spinach Stew Green Beans Peaches Sysco Shake</p> <p>Calories 845 Sodium 930</p>
10	11	12	13	14
<p>Old Neighborhood Hot Dog Baked Beans Cabbage & Carrots Peaches Sysco Shake</p> <p>Calories 881 Sodium 1017</p>	<p>Chicken Souvlaki OVER Seasoned Orzo Spring blend Applesauce Sysco Shake</p> <p>Calories 911 Sodium 850</p>	<p>Stuffed Shells w/ Tomato sauce Chicken meatballs Roman Blend Vegetables Gelatin w/Topping Sysco Shake</p> <p>Calories 804 Sodium 1111</p>	<p>Broccoli & Cheese Stuffed Chicken Whipped Sweet Potatoes Jardinere Blend Vanilla pudding w/topping Sysco Shake</p> <p>Calories 922 Sodium 944</p>	<p>Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake</p> <p>Calories 891 Sodium 1128</p>
17	18	19	20	21
<p>Presidents' Day Holiday- No Meals</p>	<p>Chicken Stir Fry OVER Fried Rice Mixed Fruit Sysco Shake</p> <p>Calories 683 Sodium 1005</p>	<p>Spinach & Red Pepper Frittata Turkey Sausage Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake</p> <p>Calories 821 Sodium 850</p>	<p>Pollock w/Dijon Wine Sauce OVER Cous Cous Peas and Pearl Onions Pears Sysco Shake</p> <p>Calories 774 Sodium 735</p>	<p>Roast Turkey w/Gravy OVER Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake</p> <p>Calories 776 Sodium 1220 high sodium meal</p>
24	25	26	27	28
<p>Baked Ziti Green Beans Mixed Fruit Sysco Shake</p> <p>Calories 832 Sodium 1030</p>	<p>BBQ Pulled Pork Baked Beans Broccoli Peaches Sysco Shake</p> <p>Calories 877 Sodium 883</p>	<p>Greek Chicken OVER Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake</p> <p>Calories 826 Sodium 832</p>	<p>Black Bean & Barley Chili Fiesta Blend Applesauce Sysco Shake</p> <p>Calories 835 Sodium 983</p>	<p>Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake</p> <p>Calories 1169 Sodium 807</p>