

February 2025

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
				
<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>
3	4	5	6	7
<p>Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce</p> <p style="text-align: right;">Calories 597 Sodium 981</p>	<p>Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Mixed Fruit</p> <p style="text-align: right;">Calories 764 Sodium 809</p>	<p>Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping</p> <p style="text-align: right;">Calories 719 Sodium 597</p>	<p>Chicken Meatballs w/Gravy Egg Noodles Brussels Sprouts Wheat Bread Lorna Doones</p> <p style="text-align: right;">Calories 802 Sodium 649</p>	<p>White Bean and Spinach Stew Green Beans Dinner Roll Fresh Fruit</p> <p style="text-align: right;">Calories 723 Sodium 930</p>
10	11	12	13	14
<p>Old Neighborhood Hot Dog Baked Beans Cabbage & Carrots Hot dog roll Peaches relish</p> <p style="text-align: right;">Calories 774 Sodium 1183</p>	<p>Chicken Souvlaki Seasoned Orzo Spring blend Multigrain Bread Brownie</p> <p style="text-align: right;">Calories 809 Sodium 993</p>	<p>Ziti w/Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit</p> <p style="text-align: right;">Calories 715 Sodium 546</p>	<p>Chicken w/apple bread stuffing Whipped Sweet Potatoes Jardinere Blend Wheat Dinner Roll Lorna Doones</p> <p style="text-align: right;">Calories 834 Sodium 865</p>	<p>Chicken Breast w/Orange Sauce OVER White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges</p> <p style="text-align: right;">Calories 642 Sodium 622</p>
17	18	19	20	21
<p style="text-align: center;">Presidents' Day Holiday – No Meals</p>	<p>Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit</p> <p style="text-align: right;">Calories 561 Sodium 968</p>	<p>Chicken w/Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping</p> <p style="text-align: right;">Calories 668 Sodium 621</p>	<p>Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears</p> <p style="text-align: right;">Calories 634 Sodium 700</p>	<p>Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Dinner Roll Apple Slices w/cinnamon</p> <p style="text-align: right;">Calories 604 Sodium 1190</p>
24	25	26	27	28
<p>Ziti w/Tomato Sauce Chicken Meatballs Green Beans Garlic Knot Mixed Fruit</p> <p style="text-align: right;">Calories 707 Sodium 745</p>	<p>BBQ Pulled Pork Baked Beans Broccoli Hamburger Bun Peaches</p> <p style="text-align: right;">Calories 767 Sodium 970</p>	<p>Greek Chicken Seasoned Orzo Riviera Blend Multigrain Bread Oatmeal Raisin Cookie</p> <p style="text-align: right;">Calories 687 Sodium 785</p>	<p>Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit</p> <p style="text-align: right;">Calories 725 Sodium 1025</p>	<p>Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones</p> <p style="text-align: right;">Calories 953 Sodium 677</p>