

**March 2025**

**Mystic Valley Elder Services**

**Chopped/ Ground/ Puree**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake  <b>Calories 677 Sodium 396</b>	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake  <b>Calories 747 Sodium 455</b>	Pork with Mushroom Cream Sauce Mashed Potatoes Green Beans Fruit Nutritional Shake  <b>Calories 778 Sodium 726</b>	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake  <b>Calories 826 Sodium 584</b>	Turkey Bolognese with Parmesan Whole Grain Pasta Carrots Fruit Nutritional Shake  <b>Calories 771 Sodium 631</b>
10	11	12	13	14
Egg Omelet w/ cheddar cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake  <b>Calories 667 Sodium 652</b>	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots & Fruit Nutritional Shake  <b>Calories 740 Sodium 755</b>	Lemon Ricotta Chicken Mashed Sweet Potato Brussel Sprouts Fruit Nutritional Shake  <b>Calories 793 Sodium 586</b>	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake  <b>Calories 752 Sodium 531</b>	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake  <b>Calories 900 Sodium 542</b>
17	18	19	20	21
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake  <b>Calories 747 Sodium 554</b>	Curried Chicken Mashed Potatoes Carrots Fruit Nutritional Shake  <b>Calories 760 Sodium 528</b>	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables Fruit Nutritional Shake  <b>Calories 807 Sodium 529</b>	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake  <b>Calories 719 Sodium 533</b>	White Bean & Chicken Chili W/ shredded cheese California Blend Vegetables Fruit Nutritional Shake  <b>Calories 713 Sodium 689</b>
24	25	26	27	28
Shrimp Scampi Whole Grain Pasta Green Peas Fruit Nutritional Shake  <b>Calories 765 Sodium 730</b>	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake  <b>Calories 817 Sodium 543</b>	Roast Turkey w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake  <b>Calories 672 Sodium 819</b>	Lentil Bolognese & Parmesan Pasta Broccoli Fruit Nutritional Shake  <b>Calories 655 Sodium 597</b>	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake  <b>Calories 832 Sodium 746</b>
31				
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake  <b>Calories 677 Sodium 396</b>			Menu Subject to change. Totals Include 105 mg Na+ for milk and 30 mg Na+ for Margarine.  Items prepared to texture ordered.	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>