


March 2025

Mystic Valley Elder Services

Trio HDM Chilled

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatball Sub (780) Italian Roasted Potatoes (6) Italian Blend Vegetables (19) Tropical Fruit (0) Calories 800 Sodium 961	Broccoli & Mushroom Frittata (181) O'Brien Potatoes (39) Stewed Tomatoes (251) Wheat Bread (90) Mandarin Oranges (7) Calories 549 Sodium 723	Potato Pollock with lemon (337) Brown Rice Pilaf (104) Roman Blend (33) Wheat Dinner Roll (180) Vanilla Pudding w/Topping (174) Calories 997 Sodium 983	Minestrone Soup (261) Pot Roast w/Gravy (131) Mashed Potatoes (68) Peas & Carrots (82) Rye Bread (150) Cupcake (170) Calories 963 Sodium 1018	Chicken a la King (578) Buttered noodles (35) Tuscany Blend (47) Multigrain Bread (150) Fresh Fruit (0) Calories 707 Sodium 966
10	11	12	13	14
Macaroni & Cheese (777) Broccoli (12) Wheat Dinner Roll (180) Applesauce (14) Calories 731 Sodium 1138	Cream of Tomato Soup (245) Chicken & Rice Bake (369) Green Beans (3) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 778 Sodium 1117	12 St. Patrick's Day Special Corned Beef Stew(RED corned beef, cabbage,turnip, carrots, onions) (891) Boiled Parsley Potatoes (27) Wheat Bread (90) Boston Cream Cup (309) Calories 682 Sodium 1348 High sodium meal	Chicken Fajitas (281) Rice & Beans (69) Brussels Sprouts (17) Tortilla (170) Pears (5) Calories 847 Sodium 697	Mixed Bean & Veg Stew (683) Cauliflower (17) Wheat Bread (90) Fig Bar (149) Calories 673 Sodium 1094
17	18	19	20	21
Honey Mustard Chicken (473) Whipped Sweet Potatoes (28) Jardinere Style Blend (32) Multigrain Bread (150) Chocolate Pudding w/Topping (195) Calories 788 Sodium 1032	Pollock w/Scampi Sauce (266) Creamy Parmesan Polenta (191) Riviera Blend (8) Rye Bread (150) Fresh Fruit (0) Calories 647 Sodium 771	Beef Stroganoff (192) Egg Noodles (35) Brussels Sprouts (17) Wheat Bread (90) Brownie (132) Calories 739 Sodium 621	Turkey Pot Pie (414) Harvard Beets (238) Wheat Dinner Roll (180) Mandarin Oranges (7) Calories 616 Sodium 993	Garden Vegetable Soup (142) Lasagna w/Tomato Sauce (557) Italian Green Beans (3) Garlic Knot (134) Peaches (8) Calories 693 Sodium 999
24	25	26	27	28
Unstuffed Pepper Casserole (224) Peas & Pearl Onions (76) Wheat Bread (90) Fresh Fruit (0) Calories 752 Sodium 546	Cream of Broccoli Soup (109) Lemon Chicken w/Peas (297) Quinoa Pilaf (56) Spring Blend Vegetables (68) Dinner Roll (132) Chocolate Chip Cookie (60) Calories 821 Sodium 878	Lentil Stew (487) Root Vegetables (34) Oat Bread (115) Vanilla Pudding w/Topping (174) Calories 924 Sodium 964	Stuffed Shells w/ Tomato Sauce (632) California Blend (30) Wheat Dinner Roll (180) Applesauce (14) Calories 550 Sodium 1010	Rosemary Balsamic Pork (446) Italian Roasted Red Bliss Potato (16) Ratatouille (116) Multigrain Bread (150) Tropical Fruit (0) Calories 755 Sodium 883
31				
Chicken Marsala (399) Italian Roasted Red Bliss Potato (16) Spinach (145) Wheat Bread (90) Tropical Fruit (0) Calories 692 Sodium 804		Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303