

# March 2025

# Mystic Valley Elder Services

# Trio Chopped / Ground

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Meatballs w/Tomato Sauce OVER Pasta Italian Blend Vegetables Mixed Fruit Sysco Shake <b>Calories 812 Sodium 753</b>	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Mandarin Oranges Sysco Shake <b>Calories 689 Sodium 758</b>	Potato Pollock, lemon wedge Orzo Roman Blend Vanilla Pudding w/Topping Sysco Shake <b>Calories 1093 Sodium 856</b>	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake <b>Calories 884 Sodium 566</b>	Chicken a la King OVER Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake <b>Calories 837 Sodium 972</b>
<b>10</b>	<b>11</b>	<b>12 St. Patrick's Day Special</b>	<b>13</b>	<b>14</b>
Macaroni & Cheese Broccoli Applesauce Sysco Shake <b>Calories 871 Sodium 1083</b>	Chicken & Rice Bake Green Beans Tapioca Pudding w/Topping Sysco Shake <b>Calories 832 Sodium 848</b>	Corned Beef Stew(RED corned beef, cabbage, turnip, carrots and onions) Boiled Parsley Potatoes Chocolate pudding w/topping Sysco shake <b>Calories 937 Sodium 1390 High sodium meal</b>	Chicken Fajitas Rice & Beans w/Tomato Sauce Brussels Sprouts Pears Sysco Shake <b>Calories 992 Sodium 652</b>	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake <b>Calories 722 Sodium 988</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Chocolate Pudding w/Topping Sysco Shake <b>Calories 948 Sodium 1007</b>	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Applesauce Sysco Shake <b>Calories 805 Sodium 831</b>	Beef Stroganoff OVER Egg Noodles Brussels Sprouts Gelatin w/Topping Sysco Shake <b>Calories 822 Sodium 557</b>	Turkey Pot Pie Harvard Beets Mandarin Oranges Sysco Shake <b>Calories 741 Sodium 932</b>	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake <b>Calories 685 Sodium 818</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake <b>Calories 752 Sodium 546</b>	Lemon Chicken w/Peas OVER Buttered Noodles Spring Blend Vegetables Sysco Shake <b>Calories 778 Sodium 682</b>	Lentil Stew Root Vegetables Vanilla Pudding w/Topping Sysco Shake <b>Calories 994 Sodium 944</b>	Stuffed Shells/ Tomato Sauce California Blend Applesauce Sysco Shake <b>Calories 660 Sodium 925</b>	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Mixed Fruit Sysco Shake <b>Calories 873 Sodium 831</b>
<b>31</b>				
Chicken Marsala Italian Roasted Red Bliss Potatoes Spinach Mixed Fruit Sysco Shake <b>Calories 820 Sodium 842</b>		 <p>TRIO Community Meals an elior company</p>	<p><b>Menu Subject to change.</b> Total Include 110 mg sodium for milk and 30 mg sodium per Margarine.</p> <p>Items altered and prepared to texture ordered.</p>	<p><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></p>