

March 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatball Sub Onions & Peppers Italian Blend Vegetables Tropical Fruit Cranberry Juice Calories 677 Sodium 917	Broccoli & Mushroom Frittata O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Cranberry Juice Calories 528 Sodium 383	Potato Pollock, lemon wedge Brown Rice Pilaf Roman Blend Wheat Dinner Roll Lorna Doones Apple Juice Calories 893 Sodium 819	Pot Roast w/Gravy Harvard Beets Peas & Carrots Rye Bread Pears Apple Juice Calories 560 Sodium 670	Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 679 Sodium 875
10	11	12 St. Patrick's Day Special	13	14
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Apple Juice Ketchup Calories 597 Sodium 712	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672	Corned Beef Stew(RED corned beef, cabbage turnip, carrots and onions) White Rice Wheat Bread Cinnamon Apple Slices Calories 580 Sodium 1000	Chicken Fajitas White Rice Brussels Sprouts Tortilla Pears Apple Juice Calories 710 Sodium 543	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 578 Sodium 900
17	18	19	20	21
Honey Mustard Chicken Whipped Sweet Potatoes Jardinere Style Blend Wheat Bread Gelatin w/Topping Apple Juice Calories 606 Sodium 720	Pollock w/Scampi Sauce Creamy Parmesan Polenta Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 640 Sodium 767	Beef Stroganoff Egg Noodles Brussels Sprouts Wheat Bread Brownie Apple Juice Calories 711 Sodium 531	Turkey Pot Pie Harvard Beets Wheat Dinner Roll Mandarin Oranges Apple Juice Calories 500 Sodium 855	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764
24	25	26	27	28
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 725 Sodium 456	Lemon Chicken w/Peas Quinoa Pilaf Spring Veggies Dinner Roll Chocolate Chip Cookie Cranberry Juice Calories 708 Sodium 676	Lentil Stew Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 737 Sodium 730	Stuffed Shells Red Pepper Sauce California Blend Wheat Bread Applesauce Apple Juice Calories 543 Sodium 020	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Tropical Fruit Apple Juice Calories 727 Sodium 792
31				
Chicken Marsala Buttered Noodles Green Beans Wheat Bread Tropical Fruit Apple Juice Calories 746 Sodium 592		 an elior company	Menu Subject to change. Include 30 mg sodium for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303