

March 2025

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey & Swiss Cheese (470) Sweet Potato Salad (60) Cauliflower Carrot Salad (96) Multigrain Bread (300) Mixed Fruit (3) Mayo (4) Calories 696 Sodium 1058	4 Chef Salad w/ Tuna (463) Root Vegetable Salad (86) Snack n' Loaf (120) Yogurt (80) Calories 743 Sodium 904	5 Chicken Salad (121) Greek Pasta Salad (182) Broccoli Tomato Salad (64) Wheat Bread (180) Fresh Fruit (0) Calories 693 Sodium 674	6 Egg Salad (130) Barley Raisin Salad (129) Carrot Pineapple Salad (97) Multigrain Bread (300) Gingersnaps (105) Calories 799 Sodium 886	7 Ham & Swiss Cheese (545) Balsamic Vinaigrette Pasta Salad (14) Coleslaw (45) Wheat Bread (180) Tropical Fruit (0) Mustard (55) Calories 756 Sodium 965
10 Tuna Salad (241) Quinoa Salad (140) Tomato Zucchini Salad (60) Wheat Bread (180) Diet Chocolate Pudding (144) Calories 596 Sodium 890	11 Roast Beef & Provolone Cheese (349) English Pea Salad (156) Beet Salad (143) Rye Bread (300) Applesauce (14) Mayo (4) Calories 717 Sodium 1091	12 Hummus (202) Quinoa Tabbouleh Salad (25) Mediterranean Salad (173) Pita Bread (322) Mandarin Oranges (7) Calories 721 Sodium 853	13 Turkey & Swiss Cheese (470) Pasta Vegetable Salad (142) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (0) Mayo (4) Calories 927 Sodium 929	14 Chicken Romaine Salad (446) Ziti Broccoli Salad (48) WW Dinner Roll (180) Fig Bar (149) Calories 725 Sodium 977
17 Egg Salad (130) Israeli Couscous Salad (42) Root Vegetable Salad (86) Multigrain Bread (300) Oatmeal Raisin Cookie (75) Calories 646 Sodium 758	18 California Chicken Salad (151) Orzo Vegetable Salad (14) Purple Cabbage Cole Slaw (55) Multigrain Bread (300) Yogurt (80) Calories 823 Sodium 689	19 Roast Beef & Provolone Cheese (349) BBQ Corn & White Bean Onion (178) Summer Squash Salad (42) Wheat Bread (180) Fresh Fruit (0) Mayo (4) Calories 860 Sodium 879	20 Tuna Salad (241) Pasta Salad w/ Cheese (312) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Mixed Fruit (3) Calories 661 Sodium 1005	21 Mediterranean Turkey Pasta Salad (518) Coleslaw (45) Snack n Loaf (120) Peaches (8) Calories 757 Sodium 846
24 Turkey Salad (123) German Potato Salad (17) Cucumber Feta & Onion Salad (80) Multigrain Bread (300) Gingersnaps (105) Calories 712 Sodium 750	25 Middle Eastern Vegetable Pita Salad (287) Tri-Color Pasta Salad (59) Zucchini Salad (64) Snack n Loaf (120) Yogurt (80) Calories 825 Sodium 765	26 Chef Salad w/ Ham (570) Sweet Potato Salad (60) Wheat Dinner Roll (180) Pears (5) Calories 677 Sodium 970	27 Chicken Curry Salad (118) Broccoli Feta Orzo Salad (140) Salad, Tossed Garden (107) Multigrain Bread (300) Fresh Fruit (0) Calories 658 Sodium 791	28 Roast Beef & Provolone Cheese (349) Southwestern Black Bean Salad (294) Tomato Red Pepper Salad (5) Wheat Bread (180) Pineapple (9) Mayo (4) Calories 836 Sodium 916
31 Ham & Swiss Cheese (545) Quinoa Tabbouleh Salad (25) Beet Salad (143) Wheat Bread (180) Applesauce (14) Mustard (55) Calories 745 Sodium 918			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