

April 2025

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in ( _ )	Potato Pollock, lemon wedge (337) Quinoa Pilaf (56) Broccoli & Cauliflower (14) Multigrain Bread (150) Oatmeal Raisin Cookie (75) <b>Calories 814 Sodium 787</b>	Chicken Meatballs w/ Tomato Basil Wine Sauce over Penne Pasta (301) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (0) <b>Calories 688 Sodium 656</b>	Broccoli egg bake (475) Home Fries (30) Pepper, mushroom, onions (79) Rye Bread (150) Applesauce (14) <b>Calories 647 Sodium 903</b>	Mixed Bean & Veg Stew (680) Brussels sprouts (17) Wheat bread (90) Applesauce (14) <b>Calories 593 Sodium 950</b>
7	8	9	10	11
Beef Pot Roast w/Gravy (131) Mashed Potatoes (68) Carrots (77) Dinner Roll (132) Gelatin w topping (33) <b>Calories 708 Sodium 597</b>	Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (0) <b>Calories 673 Sodium 573</b>	Chicken Rice Bake (369) Zucchini & Cauliflower (6) Whole wheat roll (180) Mixed Fruit (3) <b>Calories 571 Sodium 713</b>	American Chop Suey (449) Broccoli (12) Wheat bread (90) Gelatin w/Topping (33) <b>Calories 932 Sodium 739</b>	Chicken Meatballs w/Beef Gravy (272) Ziti Pasta (4) Riveria Blend (8) Multi grain bread (150) Peaches (8) <b>Calories 643 Sodium 588</b>
14	15	16	17	18
Chicken a l'orange (273) Lo mein noodles (58) Stir fry veggies (6) Oatmeal Raisin Cookie (75) Multigrain Bread (150) <b>Calories 707 Sodium 717</b>	Beef Chili (327) Brown Rice (5) Zucchini & Cauliflower (6) Dinner Roll (132) Pears (5) <b>Calories 621 Sodium 630</b>	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Lorna Doone (100) <b>Calories 760 Sodium 734</b>	Roasted Turkey w/Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Wheat Bread (90) Fresh Fruit (0) <b>Calories 680 Sodium 964</b>	Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14) <b>Calories 596 Sodium 782</b>
21	22	23	24	25
Holiday No Meals	Lasagna w/ Cheese & Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) <b>Calories 594 Sodium 900</b>	Pork with Apples (439) Roasted Sweet Potatoes (53) Green Beans (3) Dinner Roll (132) Pears (5) <b>Calories 814 Sodium 787</b>	Chicken w/Saute Vegetables (336) Jasmine Coconut Rice (8) Multigrain Bread (150) Gelatin (33) <b>Calories 632 Sodium 682</b>	Meatloaf w/gravy (168) Buttered Noodles (52) Peas & Carrots (35) Wheat Bread (90) Chocolate Chip Cookie (60) <b>Calories 831 Sodium 589</b>
28	29	30		
Chicken w/ bruschetta sauce (300) Cavitappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) <b>Calories 603 Sodium 667</b>	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Wheat bread (90) Mixed Fruit (3) <b>Calories 814 Sodium 779</b>	Beef Burgundy (177) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Gelatin (33) <b>Calories 749 Sodium 627</b>		<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>