

April 2025

Mystic Valley Elder Services

Trio HDM Chilled

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) Calories 814 Sodium 787	Chicken Meatballs w/ Tomato Basil Wine Sauce (297) Penne Pasta (4) Italian Vegetable Blend (19) Wheat Dinner Roll (180) Fresh Fruit (0) Calories 688 Sodium 656	Orzo w/Chicken Soup (56) Broccoli Egg Bake (475) Home Fries (30) Stewed Tomatoes (251) Rye Bread (150) Applesauce (14) Calories 786 Sodium 1130	Mixed Bean & Veg Stew (683) brussels sprouts (17) Wheat Dinner Roll (180) Brownie (132) Calories 651 Sodium 1167
7 Red Sox Day	8	9	10	11
Old Neighborhood Hot Dog (540) Baked Beans (140) Root vegetables (34) Hot dog roll (210) Brownie (130) Calories 853 Sodium 1211	Italian Garden Veg Soup (142) Chicken Scallopini (289) Buttered Noodles (35) Green Beans (3) Wheat Bread (90) Fresh Fruit (0) Calories 759 Sodium 716	Chicken Rice Bake (369) Spinach (145) Garlic Knot (240) Mixed Fruit (3) Calories 621 Sodium 912	American Chop Suey (157) Broccoli (12) Oat Bread (115) Vanilla Pudding w/Topping (174) Calories 833 Sodium 614	Macaroni & Cheese (777) Riviera Blend (8) Multigrain Bread (150) Peaches (8) Calories 731 Sodium 1098
14	15	16	17	18
Sweet & Sour Chicken Meatballs (484) Lo Mein Noodles (58) Stir fry vegetables (6) Multigrain Bread (150) Tapioca Pudding w/Topping (195) Calories 837 Sodium 1048	Beef Chili (454) OVER Brown Rice (5) Zucchini & Cauliflower (6) Dinner Roll (180) Pears (5) Calories 683 Sodium 804	Chicken Diane (302) Seasoned orzo (32) California Blend (30) Oat Bread (115) Cupcake (170) Calories 829 Sodium 804	Cr Butternut Sq Soup (103) Roasted Turkey w/ Gravy (616) Mashed Potatoes (68) Root Vegetables (34) Whole Wheat Roll (180) Fresh Fruit (0) Calories 797 Sodium 1157	Pollock "catch of the day" (180) Newburg Sauce (224) Herbed Rice (85) Roman Blend (33) Wheat Bread (90) Applesauce (14) Calories 596 Sodium 782
21	22	23 Spring Special	24	25
Holiday No Meals	Lentil Spinach Soup (139) Lasagna Roll w/ Sauce (557) Tuscany Blend (47) Garlic Dinner Roll (134) Peaches (8) Calories 659 Sodium 1039	Broccoli & Cheese Stuffed Chicken(410) Sour Cream & Chive Mashed (48) Spring veg blend (68) Dinner Roll (180) Carrot Cake w/Cream cheese icing(243) Calories 1045 Sodium 1104	Chicken w/ Sauté Vegetables (336) Jasmine Coconut Rice (9) Multigrain Bread (150) Chocolate Pudding w/Topping (125) Calories 807 Sodium 844	Meatloaf w/gravy (168) Cheddar Mashed Potatoes (52) Peas & Carrots (82) Wheat Dinner Roll (180) Pears (5) Calories 871 Sodium 684
28	29	30		
Chicken Cacciatore (644) Cavatappi Pasta (4) Broccoli & Cauliflower (14) Multigrain Bread (150) Applesauce (14) Calories 597 Sodium 981	Potato Pollock w/lemon wedge (337) Whipped Sweet Potatoes (28) Peas & Mushrooms (136) Rye Bread (150) Mixed Fruit (3) Calories 764 Sodium 809	Beef Burgundy (104) Garlic Mashed Potatoes (48) Root Vegetables (34) Multigrain Bread (150) Vanilla Pudding w/Topping (174) Calories 865 Sodium 665		Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303