

April 2025

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Include 30 mg sodium for Margarine.	Potato Pollock, lemon wedge Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 787 Sodium 697	Chicken Meatballs w/ Tomato Basil Wine Sauce over Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice Calories 683 Sodium 565	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Rye Bread Applesauce Apple Juice Calories 619 Sodium 813	Mixed Bean & Veg Stew Brussels sprouts Wheat Bread Applesauce Cranberry Juice Calories 590 Sodium 853
7	8	9	10	11
Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Dinner Roll Gelatin w/Topping Apple Juice Calories 633 Sodium 470	Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit Apple Juice Calories 645 Sodium 483	Chicken Rice Bake Zucchini & Cauliflower Garlic Knot Dinner Roll Mixed Fruit Apple Juice Calories 575 Sodium 577	American Chop Suey Broccoli Oat Bread Gelatin w/ Topping Cranberry Juice Calories 774 Sodium 562	Chicken Meatballs w/ Beef Gravy Ziti Pasta Riviera Blend Multigrain Bread Peaches Apple Juice Calories 615 Sodium 497
14	15	16	17	18
Chicken a l'orange lo mein noodles Stir fry veggies Oatmeal Raisin Cookie Multigrain Bread Apple Juice Calories 679 Sodium 627	Beef Chili Brown Rice Zucchini & Cauliflower Dinner Roll Pears Cranberry Juice Calories 610 Sodium 537	Chicken Diane Seasoned orzo California Blend Oat Bread Lorna Doones Apple Juice Calories 732 Sodium 644	Roasted Turkey w/Gravy Mashed Potatoes Root Vegetables Wheat Bread Gelatin w/topping Calories 623 Sodium 905	Pollock "catch of the day" Newburg Sauce Herbed Rice Roman Blend Wheat Bread Applesauce Apple Juice Calories 569 Sodium 691
21	22	23	24	25
Holiday No Meals	Cheese Lasagna Roll w/Sauce Tuscany Blend Garlic Dinner Roll Peaches Cranberry Juice Calories 583 Sodium 808	Pork w/Apple Glaze Whipped Sweet Potatoes Green Beans Dinner Roll Pears Cranberry Juice Calories 586 Sodium 304	Chicken w/Saute Vegetables Jasmine Coconut Rice Multigrain Bread Gelatin w/ Topping Apple Juice Calories 604 Sodium 592	Meatloaf w/ gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Apple Juice Calories 803 Sodium 589
28	29	30		
Chicken Cacciatore Cavatappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce Apple Juice Calories 569 Sodium 891	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Rye Bread Mixed Fruit Apple Juice Calories 736 Sodium 719	Beef Burgundy Buttered Seasoned Orzo Root Vegetables Multigrain Bread Gelatin w/ Topping Cranberry Juice Calories 674 Sodium 488		
<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p>				