

April 2025

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Menu Subject to change.</p> <p>Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount in (_)</p>	<p>Chicken Salad (121) Carrot Raisin Salad (137) Orzo Vegetable Salad (!4) Wheat Bread (180) Mandarin Oranges (7)</p> <p>Calories 816 Sodium 583</p>	<p>Tuna Salad (241) Potato Salad (100) Spinach w/ Mandarin Oranges (144) Wheat Bread (180) Lorna Doones Cookies (100)</p> <p>Calories 766 Sodium 891</p>	<p>Roast Beef & Provolone Cheese (349) Macaroni Salad (138) Zucchini Salad (64) Wheat Bread (180) Diet Vanilla Pudding (144) Mayo (4)</p> <p>Calories 911 Sodium 1003</p>	<p>Turkey & Swiss Cheese (470) Italian Pasta Salad (138) Broccoli Slaw (145) Wheat Bread (180) Fresh Fruit (0) Mayo (4)</p> <p>Calories 899 Sodium 1063</p>
7	8	9	10	11
<p>Chicken Curry Salad (118) Rice Vegetable Salad (74) Root Vegetable Salad (86) Wheat Bread (180) Diet Chocolate Pudding /topping(144)</p> <p>Calories 670 Sodium 727</p>	<p>Egg Salad (130) Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5)</p> <p>Calories 719 Sodium 779</p>	<p>Roast beef & Provolone Cheese (349) English Pea Salad (156) Squash, Zucchini, & Red Onion (6) Wheat Bread (180) Fresh Fruit (0) Mayo (4)</p> <p>Calories 819 Sodium 822</p>	<p>Mediterranean Turkey Pasta Salad(518) Riviera Salad (92) Wheat Dinner Roll (180) Tropical Fruit (0)</p> <p>Calories 665 Sodium 944</p>	<p>Tuna Salad (241) Greek Pasta Salad (182) Tomato Zucchini Salad (60) Multigrain Bread (300) Oatmeal Raisin Cookie (75)</p> <p>Calories 606 Sodium 983</p>
14	15	16	17	18
<p>Egg Salad (130) Balsamic vinaigrette pasta salad (14) Riviera veg salad (92) Wheat Bread (180) Mixed Fruit (3)</p> <p>Calories 706 Sodium 544</p>	<p>Chef Salad w/Tuna (463) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Diet Tapioca Pudding w/ Topping (144)</p> <p>Calories 695 Sodium 990</p>	<p>Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Wheat Bread (180) Applesauce (14) Mayo (4)</p> <p>Calories 884 Sodium 1081</p>	<p>California Chicken Salad (115) Potato Salad (100) Cucumber, Feta, and Onion Salad (80) Multigrain Bread (300) Lorna Doone Cookies (100)</p> <p>Calories 793 Sodium 821</p>	<p>Roast Beef & Provolone Cheese (349) Barley Raisin Salad (129) Beet Salad (143) Wheat Bread (180) Fresh Fruit (0) Mayo (4)</p> <p>Calories 866 Sodium 931</p>
21	22	23	24	25
<p>Holiday No Meals</p>	<p>Roast Beef & Provolone Cheese (349) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (0) Mayo (4)</p> <p>Calories 816 Sodium 838</p>	<p>Chicken Romaine Salad (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (120) Pears (5)</p> <p>Calories 677 Sodium 865</p>	<p>Turkey & Swiss Cheese (470) Garden Shell Pasta Salad (201) Greek Salad (150) Wheat Bread (180) Pineapple (9) Mayo (4)</p> <p>Calories 894 Sodium 1140</p>	<p>Egg Salad (130) Sweet Potato Salad (60) Tomato Red Pepper Salad (5) Multigrain Bread (300) Graham Crackers (85)</p> <p>Calories 721 Sodium 704</p>
28	29	30		
<p>Turkey & Swiss Cheese (470) 3 Bean Salad (34) Zucchini Salad (64) Multigrain Bread (300) Chocolate Chip Cookie (60) Mayo (4)</p> <p>Calories 626 Sodium 1057</p>	<p>Southwest Chicken Salad (300) Summer Potato Salad (65) Broccoli Slaw (145) Wheat Bread (180) Tropical Fruit (0)</p> <p>Calories 709 Sodium 815</p>	<p>Italian Tuna Salad (502) Quinoa Tabbouleh Salad (25) Squash Zucchini & Red Onion (6) Wheat Bread (180) Diet Vanilla Pudding w/ Topping (144)</p> <p>Calories 724 Sodium 982</p>		<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>