

April 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Calories 683 Sodium 503mg	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Calories 846 Sodium 564mg	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Calories 717 Sodium 720mg
6	7	8	9	10
Egg Omelet w/ Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Calories 662 Sodium 531mg	White Fish w/ Pineapple & Mango Stewed Beans Carrots Fruit Nutritional Shake Calories 760 Sodium 735mg	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Calories 795 Sodium 443mg	Chicken Pot Pie Broccoli Fruit Nutritional Shake Calories 767 Sodium 466mg	Tuscan White Fish Mashed Potatoes California Blend Vegetables Fruit Nutritional Shake Calories 874 Sodium 625mg
13	14	15	16	17
Honey Mustard Chicken Butternut Squash Green Peas Fruit Nutritional Shake Calories 741 Sodium 433mg	BBQ Jerk Salmon Brown Rice Green Beans & Peppers Fruit Nutritional Shake Calories 782 Sodium 509mg	Beef Teriyaki Lo Mein Noodles Corn with Peppers Fruit Nutritional Shake Calories 802 Sodium 427mg	Baked Ham Potatoes au Gratin Green Beans with red peppers Fruit Nutritional Shake Calories 739 Sodium 512mg	Meatloaf w/ Gracy Mashed Potatoes Carrots Fruit Nutritional Shake Calories 734 Sodium 608mg
20	21	22	23	24
Holiday No Meals	Creamy Pesto Ravioli With Chicken Mixed Vegetables Fruit Nutritional Shake Calories 837 Sodium 523mg	Chicken Anna Maria Brown Rice Green Peas with Red Peppers Fruit Nutritional Shake Calories 802 Sodium 602mg	Sausage with Abruzzi Sauce Pasta California Blend Vegetables Fruit Nutritional Shake Calories 673 Sodium 491mg	Beef Stroganoff Egg Noodles Brussel Sprouts Fruit Nutritional Shake Calories 825 Sodium 435mg
27	28	29	30	
BBQ Chicken Baked Beans Broccoli Fruit Nutritional Shake Calories 677 Sodium 396mg	Creamy Cajun Shrimp Cheesy Gits Green Beans & red peppers Fruit Nutritional Shake Calories 742 Sodium 345mg	Pork in Mustard Wine Sauce Egg Noodles Mixed Rot vegetables Fruit Nutritional Shake Calories 683 Sodium 503mg	Tortellini With Beef Bolognese California Blend Vegetables Fruit Nutritional Shake Calories 846 Sodium 564mg	

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Items prepared to texture ordered.