


May 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheesy Chicken Casserole Seasoned Rice Green Peas Soft Fruit Calories 980 Sodium 778mg
4	5	6	7	8
Beef w/ Onions & Peppers Brown Rice Broccoli Soft Fruit Nutritional Shake Calories 894 Sodium 412mg	Seafood Cajun Pasta (contains shrimp) Whole Grain Pasta Green Peas Soft Fruit Nutritional Shake Calories 777 Sodium 728mg	Powerhouse Turkey Chili w/ Shredded cheese Green Beans & Red Peppers Brown Rice Soft Fruit Nutritional Shake Calories 890 Sodium 614mg	Chicken in Sundried Tomato Sauce Orzo Broccoli Soft Fruit Nutritional Shake Calories 642 Sodium 612mg	BBQ Pulled Pork Butternut Squash Vegetable Medley Brown Rice Soft Fruit Nutritional Shake Calories 967 Sodium 646mg
11	12	13	14	15
Hamburger Potato Wedges California Blend Vegetables Brown Rice Soft Fruit Nutritional Shake Calories 855 Sodium 513mg	Whole Grain Cheese Ravioli w/ Beef Bolognese & Parmesan Brussel Sprouts Soft Fruit Nutritional Shake Calories 765 Sodium 652mg	Stewed Tomato Chicken Brown Rice Carrots Soft Fruit Nutritional Shake Calories 748 Sodium 460mg	Torta di Polenta (Pork Sausage & Beef) Polenta w/ Cheese Kale & Peppers Soft Fruit Nutritional Shake Calories 898 Sodium 726mg	Honey Glazed Salmon Roasted Sweet Potatoes California Blend Vegetables Brown Rice Soft Fruit Nutritional Shake Calories 945 Sodium 358mg
18	19	20	21	22
Egg & Cheese Broccoli Bake Brown Rice Mixed Vegetables Soft Fruit Nutritional Shake Calories 1036 Sodium 936mg	Beef Stew Brown Rice Green Peas & Red Peppers Soft Fruit Nutritional Shake Calories 902 Sodium 451mg	Creamy Turkey & Spinach Casserole w/ Orzo Broccoli Soft Fruit Nutritional Shake Calories 805 Sodium 621mg	BBQ Chicken Sweet Potato Fries Zucchini & Red Peppers Brown Rice Soft Fruit Nutritional Shake Calories 928 Sodium 758mg	Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Soft Fruit Nutritional Shake Calories 755 Sodium 960mg
25	26	27	28	29
Holiday No Meals	Tuscan Chicken Brown Rice Pilaf California Blend Vegetables Soft Fruit Nutritional Shake Calories 880 Sodium 691mg	Pot Roast w/ Brown Gravy Mashed Potatoes Brussel Sprouts Brown Rice Soft Fruit Nutritional Shake Calories 804 Sodium 865mg	Hot Dog (Beef) Baked Beans Carrots Brown Rice Soft Fruit Nutritional Shake Calories 998 Sodium 965mg	Chicken Alfredo Whole Grain Pasta Broccoli Soft Fruit Nutritional Shake Calories 786 Sodium 855mg

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.