


April 2026

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping  <b>Cal:616 CHO:62g Na:388mg</b>	Swedish Chicken Meatballs Buttered Noodles Brussels Sprouts Mixed Fruit  <b>Cal:645 CHO:73g Na:509mg</b>	Chicken Stew Green Beans Fresh Fruit  <b>Cal:532 CHO:66g Na:551mg</b>
6	7	8	9	10
Dijon Pork Brown Rice Root Vegetables Peaches  <b>Cal:666 CHO:77g Na:530mg</b>	Chicken Souvlaki Seasoned Orzo Spring summer blend veg Applesauce  <b>Cal:711 CHO:71g Na:755mg</b>	Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Fresh Fruit  <b>Cal:504 CHO:69g Na:461mg</b>	Meatloaf w/gravy Buttered Noodles Peas & Carrots Chocolate Chip Cookie  <b>Cal:771 CHO:71g Na:529mg</b>	Chicken w/Orange Sauce White Rice Zucchini & Tomatoes Mandarin Oranges  <b>Cal:549 CHO:69g Na:563mg</b>
13	14	15	16	17
Lentil Stew Shredded mozz cheese Root Vegetables Cauliflower/ Broccoli mix Chocolate Chip Cookie  <b>Cal:638 CHO:85g Na:510mg</b>	Chicken Stir Fry Brown Rice Fresh Fruit  <b>Cal:547 CHO:69g Na:651mg</b>	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Gelatin w/ Topping  <b>Cal:524 CHO:54g Na:558mg</b>	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears  <b>Cal:574 CHO:76g Na:640mg</b>	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Apple Slices w/cinnamon  <b>Cal:566 CHO:85g Na:845mg</b>
20	21	22	23	24
Holiday No Meals	BBQ Pulled Pork Root Vegetables California Blend Veg Hamburger Bun Peaches  <b>Cal:708 CHO:74g Na:911mg</b>	Greek Chicken Seasoned Orzo Riviera Blend Veg Oatmeal Rasin Cookie  <b>Cal:659 CHO:74g Na:779mg</b>	Black Bean & Barley Chili Fiesta Blend Veg Fresh Fruit  <b>Cal: 665 CHO:104g Na:875mg</b>	Salisbury Steak w/Mushroom Gravy Cauliflower Root Vegetables Lorna Doone Cookies  <b>Cal:713 CHO:52g Na:586mg</b>
27	28	29	30	
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Italian Roasted White Potatoes Italian Blend Vegetables Subroll Tropical Fruit  <b>Cal:838 CHO:90g Na:764mg</b>	Broccoli & Mushroom Frittata O'Brien Potatoes Green beans Mandarin Oranges  <b>Cal:514 CHO:60g Na:567mg</b>	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Lorna Doones  <b>Cal: 716 CHO:66g Na:688mg</b>	Pot Roast w/Gravy Harvard Beets Peas & Carrots Pears  <b>Cal: 547 CHO:62g Na:641mg</b>	

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.