


May 2026

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken a la King Buttered noodles Tuscany Blend Fresh Fruit Cal:747 CHO:83g Na:586mg
4	5	6	7	8
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Ketchup Cal:639 CHO:79g Na:834mg	Chicken & Rice Bake Green Beans Apple Cinnamon Grahams Cal:582 CHO:60g Na:643mg	Beef Sloppy Joe Sweet Potato Tots Zucchini & Red Pepper Fresh Fruit Hamburger Bun Cal:704 CHO:79g Na:697mg	Chicken Fajitas White Rice Onions & Peppers Mandarin Oranges Tortilla Cal:674 CHO:77g Na:560mg	Mixed Bean & Veg Stew Cauliflower Oatmeal Raisin Cookie Cal:521 CHO:78g Na:869mg
11	12	13	14	15
Honey Mustard Chicken Whipped sweet potatoes Jardiniere Style vegetables Gelatin w topping Cal:573 CHO70g Na:750mg	Lasagna w/Tomato Sauce Italian Green Beans Peaches Cal:515 CHO:67g Na:753mg	Beef Stroganoff Egg Noodles Fiesta Blend Veg Pears Cal:649 CHO:74g Na:440mg	Turkey Pot Pie - crustless Harvard beets Mandarin Oranges Cal:437 CHO:61g Na:766mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Fresh Fruit Cal:496 CHO:69g Na:484mg
18	19	20	21	22
Unstuffed Pepper Casserole Peas & Pearl Onions Fresh Fruit Cal: 692 CHO:66g Na:486mg	Lemon Chicken w/Peas Quinoa Pilaf Spring/Summer Blend Veg Mixed Fruit Peaches Cal:641 CHO:609g Na:609mg	Lentil Stew Shredded Mozz Cheese Root Vegetables Gelatin w/ Topping Cal:609 CHO:71g Na:469mg	Stuffed Shells Red Pepper Sauce California Blend Vegetables Applesauce Cal: 479 CHO:62g Na:470mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Chocolate Chip Cookie Cal:702 CHO: 44g Na:707mg
25	26	27	28	29
Holiday No Meals	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Oatmeal Raisin Cookie Cal:711 CHO:73g Na:664mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Fresh Fruit Cal: 628 CHO:76g Na:506mg	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions Applesauce Cal: 497 CHO:48g Na:634mg	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Gelatin w/Topping Cal: 603 CHO:63g Na:458mg

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.