


April 2026

Mystic Valley Elder Services

Trio Cardiac

Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping  <b>Calories 568 Sodium 595</b>	177 33 34 150 33  <b>Calories 665 Sodium 449</b>	269 35 17 65 3  <b>Calories 662 Sodium 616</b>	
6	7	8	9	10	
Dijon Pork Brown rice Root Vegetables Wheat Bread Peaches  <b>Calories 836 Sodium 612</b>	298 23 34 65 8  <b>Calories 841 Sodium 820</b>	456 32 68 65 14	Ziti with red pepper sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit  <b>Calories 759 Sodium 581</b>	18 210 33 134 1  <b>Calories 861 Sodium 709</b>	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie  <b>Calories 679 Sodium 628</b>
13	14	15	16	17	
Lentil Stew Shredded mozz cheese Italian Roasted White Potatoes Cauliflower / Broccoli mix Wheat Dinner Roll Chocolate Chip Cookie  <b>Calories 799 Sodium 662</b>	58 189 6 14 180 60  <b>Calories 677 Sodium 716</b>	460 5 65 1	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Oat Bread Yogurt  <b>Calories 697 Sodium 690</b>	300 24 17 115 80  <b>Calories 704 Sodium 705</b>	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears  <b>Calories 696 Sodium 910</b>
20	21	22	23	24	
Holiday No Meals	BBQ Pulled Pork Root vegetables California Blend Veg Hamburger Bun Peaches  <b>Calories 678 Sodium 881</b>	442 34 30 212 8	Greek Chicken Seasoned Orzo Riviera Blend veg Wheat Bread Oatmeal Rasin Cookie  <b>Calories 759 Sodium 814</b>	479 32 8 65 75  <b>Calories 765 Sodium 910</b>	665 24 65 1  <b>Calories 812 Sodium 620</b>
27	28	29	30		
Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit  <b>Calories 808 Sodium 734</b>	210 124 6 19 210 3  <b>Calories 664 Sodium 620</b>	363 27 3 65 7	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Wheat Bread Lorna Doone  <b>Calories 776 Sodium 748</b>	337 34 33 65 100  <b>Calories 676 Sodium 558</b>	131 121 82 65 5  

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. Individual Sodium amount listed.