


April 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 806 Sodium 654mg	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Mixed Fruit Sysco Shake Calories 845 Sodium 604mg	White Bean and Spinach Stew Green Beans Peaches Sysco Shake Calories 677 Sodium 756mg
6	7	8	9	10
Old Neighborhood Hot Dog Baked Beans Root Vegetables Peaches Sysco Shake High Sodium Meal Calories 888 Sodium 1252mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Applesauce Sysco Shake Calories 911 Sodium 850mg	Stuffed Shells Tomato sauce Roman Blend Vegetables Gelatin w/Topping Sysco Shake Calories 663 Sodium 928mg	Meatloaf w/gravy Cheddar Mashed Potatoes Peas & Carrots Mixed Fruit Sysco Shake Calories 1013 Sodium 628mg	Macaroni & Cheese Zucchini & Tomatoes Mandarin Oranges Sysco Shake Calories 981 Sodium 1046mg
13	14	15	16	17
Lentil Stew w/ mozz cheese Italian Roasted White Potatoes Cauliflower/ Broccoli mix Vanilla Pudding w/Topping Sysco Shake Calories 1013 Sodium 737mg	Chicken Stir Fry Fried Rice Mixed Fruit Sysco Shake Calories 683 Sodium 1005mg	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Yogurt Sysco Shake Calories 767 Sodium 695mg	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Pears Sysco Shake Calories 774 Sodium 735mg	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Apple Slices w/cinnamon Sysco Shake Calories 660 Sodium 1021mg
20	21	22	23	24
Holiday No Meals	BBQ Pulled Pork Baked Beans California Blend Veg Peaches Sysco Shake Calories 848 Sodium 1150mg	Greek chicken Seasoned Orzo Riviera Blend Gelatin w/Topping Sysco Shake Calories 826 Sodium 832mg	Black Bean & Barley Chili Fiesta Blend Veg Applesauce Sysco Shake Calories 835 Sodium 983mg	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Chocolate Pudding w/Topping Sysco Shake Calories 940 Sodium 770mg
27	28	29	30	
Chicken Meatballs Tomato Sauce Pasta Italian Blend Veg Mixed Fruit Sysco Shake Calories 823 Sodium 871mg	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 754 Sodium 940mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Vanilla Pudding w/Topping Sysco Shake Calories 955 Sodium 903mg	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Pears Sysco Shake Calories 884 Sodium 566mg	

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 altered and prepared to texture ordered.