


May 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken a la King Buttered noodles Tuscany Blend Gelatin w/Topping Sysco Shake Calories 918 Sodium 712mg
4	5	6	7	8
Macaroni & Cheese Broccoli Applesauce Sysco Shake Calories 962 Sodium 1001mg	Chicken & Rice Bake Green Beans Lemon Pudding w/Topping Sysco Shake Calories 816 Sodium 833mg	Beef Sloppy Joe Sweet Potato Tots Spinach Gelatin w/Topping Sysco Shake Calories 792 Sodium 751mg	Chicken Fajitas Rice & Beans w/ Tomato Sauce Onions & Peppers Mandarin Oranges Sysco Shake Calories 890 Sodium 730mg	Mixed Bean & Veg Stew Cauliflower Peaches Sysco Shake Calories 697 Sodium 897mg
11	12	13	14	15
Honey Mustard Chicken Whipped sweet potatoes Jardiniere Style vegetables Chocolate pudding w/ topping Sysco Shake Calories 871 Sodium 972mg	Lasagna w/Tomato Sauce Italian Green Beans Peaches Sysco Shake Calories 715 Sodium 848mg	Beef Stroganoff Egg Noodles Fiesta Blend Veg Gelatin w/Topping Sysco Shake Calories 839 Sodium 563mg	Turkey Pot Pie (no pastry) Mashed potatoes Mandarin Oranges Sysco Shake Calories 804 Sodium 721mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Applesauce Sysco Shake Calories 666 Sodium 592mg
18	19	20	21	22
Unstuffed Pepper Casserole Peas & Pearl Onions Applesauce Sysco Shake Calories 862 Sodium 594mg	Lemon Chicken w/Peas Buttered Noodles Spring Blend Vegetables Sysco Shake Mixed Fruit Calories 820 Sodium 682mg	Lentil Stew Shredded mozzarella cheese Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 946 Sodium 752mg	Stuffed Shells Tomato Sauce California Blend Vegetables Applesauce Sysco Shake Calories 690 Sodium 955mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Pears Sysco Shake Calories 901 Sodium 862mg
25	26	27	28	29
Holiday No Meals	Potato Pollock, lemon wedge Whipped Sweet Potatoes Broccoli & Cauliflower Gelatin w/Topping Sysco Shake Calories 862 Sodium 691mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Mixed Fruit Sysco Shake Calories 816 Sodium 604mg	Broccoli Egg Bake Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 898 Sodium 953mg	Beef Pot Roast w/Gravy Mashed Potatoes Carrots Chocolate Pudding w/Topping Sysco Shake Calories 978 Sodium 747mg

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.