


April 2026

Mystic Valley Elder Services

Trio Low Lactose

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Gelatin w/Topping Calories 508 Sodium 492mg	Chicken Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit Calories 754 Sodium 528mg	White Bean and Spinach Stew Green Beans Wheat Dinner Roll Fresh Fruit Calories 557 Sodium 805mg
6	7	8	9	10
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches Relish Calories 781 Sodium 1418mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Brownie Calories 869 Sodium 908mg	Ziti w/ Red Pepper Sauce Chicken meatballs Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Calories 729 Sodium 551mg	Meatloaf w/gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Calories 831 Sodium 679mg	Chicken Breast w/ Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Calories 682 Sodium 597mg
13	14	15	16	17
Lentil Stew Italian Roasted white Potatoes Cauliflower / broccoli mix Wheat Dinner Roll Choc Chip Cookie Calories 715 Sodium 473mg	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit Calories 601 Sodium 943mg	Chicken w / Cranberry Sauce Red Bliss Potatoes Brussels Sprouts Oat Bread Gelatin w/Topping Calories 668 Sodium 646mg	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Calories 674 Sodium 675mg	Roast Turkey w/Gravy Sage Bread Stuffing Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Calories 551 Sodium 960mg
20	21	22	23	24
Holiday No Meals	BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Peaches Calories 737 Sodium 1237mg	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Rasin Cookie Calories 747 Sodium 700mg	Black Bean & Barley Chili Fiesta Blend Wheat Dinner Roll Fresh Fruit Calories 725 Sodium 1025mg	Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Lorna Doones Calories 812 Sodium 620mg
27	28	29	30	
Chicken Meatball Sub w/ Sauce Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit Calories 699 Sodium 844mg	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges Calories 654 Sodium 880mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Dinner Roll Lorna Doones Calories 776 Sodium 838mg	Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Wheat Bread Pears Calories 725 Sodium 1025mg	

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 Lactaid milk and 30 mg sodium for Margarine.