


**May 2026**

**Mystic Valley Elder Services**

**Trio Low Lactose**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken w/Marsala Sauce Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit  <b>Calories 749 Sodium 787mg</b>
4	5	6	7	8
Turkey Burger Corn Broccoli Hamburger Bun Applesauce  <b>Calories 600 Sodium 723mg</b>	Chicken Souvlaki Orzo Green Beans Multigrain Bread Apple Cinnamon Grahams  <b>Calories 794 Sodium 882mg</b>	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange  <b>Calories 705 Sodium 806mg</b>	Chicken Fajitas Rice & Beans Onions & Peppers Tortilla Mandarin Oranges  <b>Calories 724 Sodium 539mg</b>	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie  <b>Calories 621 Sodium 904mg</b>
11	12	13	14	15
Honey Mustard Chicken Whipped sweet potatoes Jardiniere Style vegetables Multigrain bread Gelatin w/ topping  <b>Calories 613 Sodium 870mg</b>	Orzo w/ Chicken Gravy Chicken Meatballs Italian Green Beans Garlic Knot Peaches  <b>Calories 901 Sodium 596mg</b>	Pot Roast w/Brown Gravy Egg Noodles Fiesta Blend Veg Wheat Bread Brownie  <b>Calories 782 Sodium 542mg</b>	Turkey Pot Pie - crustless Harvard Beets Wheat dinner roll Mandarin Oranges  <b>Calories 517 Sodium 936mg</b>	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit  <b>Calories 536 Sodium 604mg</b>
18	19	20	21	22
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit  <b>Calories 792 Sodium 521mg</b>	Lemon Chicken w/Peas Quinoa Pilaf Spring Blend Vegetables Wheat Dinner Roll Tropical Fruit  <b>Calories 732 Sodium 756mg</b>	Lentil Stew Root Vegetables Oat Bread Gelatin w/Topping  <b>Calories 622 Sodium 419mg</b>	Ziti w/ Red pepper Sauce Chicken Meatballs California Blend Veg Wheat Dinner Roll Applesauce  <b>Calories 673 Sodium 606mg</b>	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Multigrain Bread Chocolate Chip Cookie  <b>Calories 765 Sodium 943mg</b>
25	26	27	28	29
Holiday No Meals	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie  <b>Calories 751 Sodium 784mg</b>	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit  <b>Calories 688 Sodium 656mg</b>	Quinoa White Bean Casserole Stewed Tomatoes Rye Bread Applesauce  <b>Calories 622 Sodium 1102mg</b>	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Wheat Dinner Roll Gelatin w/Topping  <b>Calories 663 Sodium 608mg</b>

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.