


April 2026

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Burgundy Buttered Seasoned Orzo Root Vegetables Multigrain Bread Gelatin w/ Topping Cranberry Juice Calories 644 Sodium 414mg	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Mixed Fruit Cranberry Juice Calories 733 Sodium 451mg	Chicken Stew Green Beans Wheat Bread Fresh Fruit Cranberry Juice Calories 621 Sodium 493mg
6	7	8	9	10
Dijon Pork Brown Rice Root Vegetables Wheat Bread Peaches Apple Juice Calories 738 Sodium 475mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Wheat Bread Applesauce Apple Juice Calories 784 Sodium 700mg	Stuffed Shells Red Pepper Sauce Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit Apple Juice Calories 568 Sodium 475mg	Meatloaf w/ gravy Buttered Noodles Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Apple Juice Calories 803 Sodium 589mg	Chicken Orange Sauce White Rice Zucchini & Tomatoes Wheat Bread Mandarin Oranges Apple Juice Calories 621 Sodium 508mg
13	14	15	16	17
Lentil Stew w/ Shredded Mozz cheese Root Vegetables Cauliflower/ broccoli mix Wheat Dinner Roll Chocolate Chip Cookie/ Juice Cranberry Juice Calories 686 Sodium 567mg	Chicken Stir Fry Brown Rice Wheat Bread Fresh Fruit Apple Juice Calories 619 Sodium 596mg	Spinach & Red Pepper Frittata Root Vegetables Brussels Sprouts Oat Bread Gelatin w/ Topping Cranberry Juice Calories 603 Sodium 586mg	Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears Apple Juice Calories 647 Sodium 585mg	Roast Turkey w/Gravy Buttered Seasoned Orzo Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon Cranberry Juice Calories 654 Sodium 788mg
20	21	22	23	24
Holiday No Meals	BBQ Pulled Pork Root Vegetables California Blend Veg Hamburger Bun Peaches Cranberry Juice Calories 667 Sodium 789mg	Greek Chicken Seasoned Orzo Riviera Blend Wheat Bread Oatmeal Rasin Cookie Apple Juice Calories 732 Sodium 724mg	Black Bean & Barley Chili Fiesta Blend Wheat Bread Fresh Fruit Cranberry Juice Calories 754 Sodium 818mg	Salisbury Steak w/Mushroom Gravy Cauliflower Root Vegetables Wheat Bread Lorna Doones Cranberry Juice Calories 802 Sodium 529mg
27	28	29	30	
Chicken Meatball Sub w/ Red Pepper Sauce Provolone Cheese Onions & Peppers Italian Blend Vegetables Subroll/ Tropical Fruit Calories 684 Sodium 690mg	Broccoli & Mushroom Frittata O'Brien Potatoes Green beans Wheat Bread Mandarin Oranges Cranberry Juice Calories 603 Sodium 510mg	Potato Pollock, lemon wedge Root Vegetables Roman Blend Wheat Bread Lorna Doones Apple Juice Calories 789 Sodium 633mg	Pot Roast w/Gravy Harvard Beets Peas & Carrots Wheat Bread Pears Apple Juice Calories 620 Sodium 585mg	

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.