


May 2026

Mystic Valley Elder Services

Trio Renal

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken a la King Buttered noodles Tuscany Blend Multigrain Bread Fresh Fruit Apple Juice Calories 760 Sodium 616mg
4	5	6	7	8
Turkey Burger Corn Broccoli Hamburger Roll Applesauce Apple Juice Ketchup Calories 597 Sodium 712mg	Chicken & Rice Bake Green Beans Multigrain Bread Apple Cinnamon Grahams Apple Juice Calories 594 Sodium 672mg	Sloppy Joe Sweet Potato Tots Zucchini and red pepper Hamburger Roll Fresh Fruit Cranberry Juice Calories 668 Sodium 576mg	Chicken Fajitas White Rice Onions & Peppers Tortilla Mandarin Oranges Apple Juice Calories 617 Sodium 440mg	Mixed Bean & Veg Stew Cauliflower Wheat Bread Oatmeal Raisin Cookie Apple Juice Calories 593 Sodium 814mg
11	12	13	14	15
Honey Mustard Chicken Whipped sweet potatoes Jardiniere Style vegetables Wheat Bread Gelatin w/ topping Apple Juice Calories 646 Sodium 685mg	Lasagna w/Tomato Sauce Italian Green Beans Garlic Knot Peaches Cranberry Juice Calories 595 Sodium 764mg	Beef Stroganoff Egg Noodles Fiesta Blend Veg Wheat Bread Brownie Apple Juice Calories 728 Sodium 538mg	Turkey Pot Pie - crustless Harvard beets Mandarin Oranges Wheat dinner roll Apple Juice Calories 678 Sodium 494 mg	Pollock w/Scampi Sauce Cous cous Riviera Blend Rye Bread Fresh Fruit Apple Juice Calories 512 Sodium 544mg
18	19	20	21	22
Unstuffed Pepper Casserole Peas & Pearl Onions Wheat Bread Fresh Fruit Apple Juice Calories 765 Sodium 431mg	Lemon Chicken w/Peas Quinoa Pilaf Summer/Spring Veggies Wheat Bread Mixed Fruit Apple Juice Calories 713 Sodium 554mg	Lentil Stew Shredded mozzarella Root Vegetables Oat Bread Gelatin w/ Topping Cranberry Juice Calories 697 Sodium 487mg	Stuffed Shells Red Pepper Sauce California Blend Vegetables Wheat Dinner Roll Applesauce Apple Juice Calories 632 Sodium 670mg	Rosemary Balsamic Pork Italian Roasted Red Bliss Potatoes Ratatouille Wheat Bread Chocolate Chip Cookie Apple Juice Calories 667 Sodium 702mg
25	26	27	28	29
Holiday No Meals	Potato Pollock, lemon wedge Roasted Sweet Potatoes Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie Apple Juice Calories 724 Sodium 693mg	Chicken Meatballs Tomato Basil Wine Sauce Penne Pasta Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice Calories 683 Sodium 565mg	Broccoli Egg Bake Home Fries Red peppers, mushrooms, onions-30 Rye Bread Applesauce Apple Juice Calories 556 Sodium 677mg	Beef Pot Roast w/Gravy Buttered Seasoned Orzo Carrots Wheat Dinner Roll Gelatin w/Topping Apple Juice Calories 635 Sodium 518mg

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.