


April 2026

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Italian Tuna Salad Quinoa Tabbouleh Salad Squash Zucchini & Red Onion Salad Wheat Bread (2) Tropical Fruit Calories 823 Sodium 789	502 25 6 130 3 3 4 Calories 896 Sodium 695	349 14 71 130 1 4 Calories 644 Sodium 976
6	7	8	9	10
Mediterranean Tortellini Salad Roman Blend Salad Wheat Dinner Roll Pineapple Calories 650 Sodium 990	556 90 180 9 Calories 830 Sodium 716	241 59 144 130 17 Calories 811 Sodium 968	349 129 60 300 1 4 Calories 764 Sodium 785	121 14 145 300 80 4 Calories 837 Sodium 831
13	14	15	16	17
Egg Salad Ziti Broccoli Salad Squash, Zucchini & Red Onion salad Multigrain Bread(2) Sugar cookie Calories 699 Sodium 679	130 48 6 300 70 Calories 762 Sodium 694	123 100 42 300 3 Calories 604 Sodium 783	357 86 180 5 Calories 920 Sodium 968	241 138 144 130 190 4 Calories 916 Sodium 866
20	21	22	23	24
Holiday No Meals	Egg Salad Greek Pasta Salad Cauliflower Carrot Salad Multigrain Bread (2) Vanilla Pudding w/Topping Calories 766 Sodium 1053	130 182 96 300 220 Calories 698 Sodium 898	518 90 134 1 4 Calories 934 Sodium 767	349 100 45 130 14 4 Calories 934 Sodium 991
27	28	29	30	
Turkey & Swiss Sweet Potato Salad Cauliflower Carrot Salad Multigrain Bread (2) Mixed Fruit Mayo Calories 696 Sodium 1058	470 60 96 300 3 4 Calories 743 Sodium 904	463 86 120 80 Calories 773 Sodium 624	121 182 64 130 1 Calories 799 Sodium 886	130 129 97 300 105 

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. Individual Sodium amount listed.