

July 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Hot Dog Baked Beans Brussel Sprouts Fruit Nutritional Shake Calories 885 Sodium 913mg	Grilled Chicken Thigh Corn California Blend Vegetables Fruit Nutritional Shake Calories 763 Sodium 351mg	Holiday No Meals
6	7	8	9	10
BBQ Pulled Pork Butternut Squash Beets & Greens Soft Fruit Nutritional Shake Calories 795 Sodium 669mg	Beef w/ Onions & Peppers White Rice Mixed Vegetables Soft Fruit Nutritional Shake Calories 895 Sodium 415mg	Three Bean Chicken Chili w/ Shredded cheese Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 822 Sodium 753mg	Torta di Polenta (Pork Sausage & Beef) Polenta w/ Cheese Kale & Peppers Soft Fruit Nutritional Shake Calories 898 Sodium 729mg	Seafood Cajun Pasta Whole Grain Pasta Broccoli Soft Fruit Nutritional Shake Calories 730 Sodium 749mg
13	14	15	16	17
Chicken Saltimboca Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 801 Sodium 667mg	Creamy Turkey & Spinach Casserole w/ Orzo Broccoli Soft Fruit Nutritional Shake Calories 776 Sodium 584mg	Stewed Tomato Chicken Mashed Potatoes Mixed Root Vegetables Soft Fruit Nutritional Shake Calories 683 Sodium 470mg	Honey Glazed Salmon Mashed Sweet Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 855 Sodium 322mg	Sloppy Joe Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 730 Sodium 401mg
20	21	22	23	24
Cheesy Chicken & Rice Casserole Seasoned Rice Mixed Vegetables Soft Fruit Nutritional Shake Calories 960 Sodium 838mg	Beef Stew Mashed Potatoes Green Peas & Red Peppers Soft Fruit Nutritional Shake Calories 825 Sodium 452mg	Hot Ham Cheese Melt Mashed Sweet Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 702 Sodium 997mg	Whole Grain Cheese Ravioli w/ Beef Bolognese & Parmesan Kale & Red Peppers Soft Fruit Nutritional Shake Calories 820 Sodium 728mg	Chicken Alfredo Whole Grain Pasta California Blend Vegetables Soft Fruit Nutritional Shake Calories 782 Sodium 855mg
27	28	29	30	31
Shrimp & Grits Cheesy Grits Broccoli Soft Fruit Nutritional Shake Calories 704 Sodium 832mg	Chicken Cacciatore Pasta Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 624 Sodium 617mg	White Fish Picatta Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 691 Sodium 672mg	Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 698 Sodium 838mg	Tuscan Chicken Rice Pilaf Broccoli Soft Fruit Nutritional Shake Calories 883 Sodium 698mg

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. Items prepared to texture ordered.