

June 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
White Fish Picatta Brown Rice Pilaf Vegetable Medley Soft Fruit Nutritional Shake  <b>Calories 950 Sodium 697mg</b>	Roast Turkey w/ Cranberry Apple Chutney Brown Rice Carrots Soft Fruit Nutritional Shake  <b>Calories 744 Sodium 740mg</b>	Cheese Tortellini w/ Beef Bolognese Brussel Sprouts Brown Rice Soft Fruit Nutritional Shake  <b>Calories 953 Sodium 626mg</b>	BBQ Chicken Brown Rice Broccoli Soft Fruit Nutritional Shake  <b>Calories 950 Sodium 650mg</b>	Braised Beef & Vegetables Polenta Spinach w/ Peppers Soft Fruit Nutritional Shake  <b>Calories 930 Sodium 461mg</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Potato Pollock Brown Rice California Blend Vegetables Soft Fruit Nutritional Shake  <b>Calories 919 Sodium 619mg</b>	Unstuffed Pepper Bowl w/ Beef & Brown Rice Kale & Corn Soft Fruit Nutritional Shake  <b>Calories 1066 Sodium 542mg</b>	Shrimp Tacos w/ Cheese Cilantro Brown Lime Rice Black Beans, Corn & Peppers Soft Fruit Nutritional Shake  <b>Calories 735 Sodium 812mg</b>	Hamburger Brown Rice Green Beans & Red Peppers Soft Fruit Nutritional Shake  <b>Calories 923 Sodium 506mg</b>	Chicken Anna Maria Brown Rice Carrots Soft Fruit Nutritional Shake  <b>Calories 911 Sodium 848mg</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Pork w/ Mustard Wine Sauce Brown Rice Butternut Squash Soft Fruit Nutritional Shake  <b>Calories 1012 Sodium 523mg</b>	Meatloaf w/ Gravy Brown Rice Carrots Soft Fruit Nutritional Shake  <b>Calories 979 Sodium 856mg</b>	Salmon w/ Dill Sauce Brown Rice Green Beans & Red Peppers Soft Fruit Nutritional Shake  <b>Calories 1035 Sodium 436mg</b>	Homemade Crispy Chicken Black Eyed Peas Collards & Corn Brown Rice Soft Fruit Nutritional Shake  <b>Calories 1090 Sodium 596mg</b>	<b>Holiday No Meals</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Sausage w/ Abruzzi Sauce Whole Grain Pasta California Blend Vegetables Soft Fruit Nutritional Shake  <b>Calories 905 Sodium 896mg</b>	Tomato Bruschetta Chicken Brown Rice Green Peas w/ Red Peppers Soft Fruit Nutritional Shake  <b>Calories 905 Sodium 660mg</b>	Lemon Ricotta Parmesan Chicken Cheese Ravioli California Blend Vegetables Brown Rice Soft Fruit Nutritional Shake  <b>Calories 802 Sodium 602mg</b>	Herb Crusted White Fish w/ Lemon Brown Rice Pilaf Mixed Root Vegetables Soft Fruit Nutritional Shake  <b>Calories 1011 Sodium 666mg</b>	Hot Dog (beef) Baked Beans Carrots Brown Rice Soft Fruit Nutritional Shake  <b>Calories 998 Sodium 991mg</b>
<b>29</b>	<b>30</b>			
Creamy Turkey & Spinach Casserole w/ Orzo Broccoli Soft Fruit Nutritional Shake  <b>Calories 910 Sodium 626mg</b>	Beef Teriyaki Lo Mein Noodles Corn w/ Peppers Soft Fruit Nutritional Shake  <b>Calories 1070 Sodium 934mg</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 milk and 30 mg sodium for Margarine. Items prepared to texture ordered.