


June 2026

Mystic Valley Elder Services

Trio Carb Controlled

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mixed Bean & Veg Stew Cauliflower Applesauce Cal:487 CHO:78g Na:808mg	2 Chicken Scallopini Buttered Noodles Green Beans Fresh Fruit Cal:613 CHO:76g Na:513mg	3 Chicken Meatballs Beef Gravy w/ Ziti Pasta Riviera Blend Peaches Cal:610 CHO:70g Na:494mg	4 American Chop Suey Broccoli Gelatin w/ Topping Cal:558 CHO:45g Na:387mg	5 Chicken & Rice Bake Spinach Mandarin Oranges Cal:542 CHO:57g Na:706mg
8 Chicken a l'orange Lo mein noodles Stir fry veggies Apple Cinnamon Graham Bears Cal:692 CHO:77g Na:607mg	9 Beef Chili Brown Rice Zucchini & Cauliflower Pears Cal:563 CHO:74g Na:527mg	10 Chicken Diane Seasoned orzo California Blend Veg Lorna Doones Cal:660 CHO:73g Na:649mg	11 Roasted Turkey w/ Gravy White Rice Root Vegetables Fresh Fruit Cal:508 CHO:69g Na:842mg	12 Pollock "catch of the day" Newburg Sauce Herbed Brown Rice Roman Blend Applesauce Cal:536 CHO:72g Na:722mg
15 Cheese Omelet Pork Sausage Patty O'Brien Potatoes Stewed Tomatoes Orange Cal:561 CHO:58g Na:902mg	16 Ziti Pasta Bruschetta Sauce Chicken meatballs Tuscany Blend Peaches Cal:539 CHO:56g Na:491mg	17 Pork w/ Apples Roasted Sweet Potatoes Green Beans Gelatin w/Topping Cal:565 CHO:58g Na:412mg	18 Chicken w/Saute Vegetables Jasmine Coconut Rice Pineapple Cal:620 CHO:66g Na:539mg	19 Holiday No Meals
22 Chicken Cacciatore Ziti Pasta Broccoli/ Cauliflower Mix Applesauce Cal:527 CHO:68g Na:831mg	23 Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Lorna Doones Cal:811 CHO:92g Na:786mg	24 Beef Burgundy Buttered Seasoned Orzo Root Vegetables Gelatin w/Topping Cal:616 CHO:62g Na:388mg	25 Swedish Chicken Meatballs Buttered Noodles Brussels Sprouts Mixed Fruit Cal:645 CHO:73g Na:509mg	26 Chicken Stew Green Beans Fresh Fruit Cal:532 CHO:66g Na:551mg
29 Dijon Pork Brown Rice Root Vegetables Peaches Cal:666 CHO:77g Na:530mg	30 Chicken Souvlaki Seasoned Orzo Spring summer blend veg Applesauce Cal:711 CHO:71g Na:755mg			

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.