


June 2026

Mystic Valley Elder Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mixed Bean & Veg Stew Cauliflower Applesauce Sysco Shake Calories 687 Sodium 903mg	Chicken Scallopini Buttered Noodles Green Beans Pears Sysco Shake Calories 792 Sodium 611mg	Macaroni & Cheese Riviera Blend Peaches Sysco Shake Calories 982 Sodium 991mg	American Chop Suey Broccoli Vanilla Pudding w/Topping Sysco Shake Calories 896 Sodium 670mg	Chicken & Rice Bake Spinach Mandarin Oranges Sysco Shake Calories 742 Sodium 801mg
8	9	10	11	12
Sweet and Sour Chicken Meatballs Lo Mein Noodles Stir fry vegetables Multigrain Bread Pudding w/ topping Sysco Shake Calories 961 Sodium 1098mg	Beef Chili Brown Rice Zucchini & Cauliflower Pears Sysco Shake Calories 867 Sodium 685mg	Chicken Diane Seasoned orzo California Blend Peaches Sysco Shake Calories 771 Sodium 652mg	Roast Turkey with Gravy Mashed Potatoes Root Vegetables Gelatin w/Topping Sysco Shake Calories 790 Sodium 1030mg	Pollock "catch of the day" Newburg Sauce Whipped Butternut Squash Roman Blend Applesauce Sysco Shake Calories 640 Sodium 763mg
15	16	17	18	19
Cheese Omelet Pork Sausage Patty Mashed Potatoes Stewed Tomatoes Applesauce Sysco Shake Calories 737 Sodium 1011mg	Lasagna Roll w/Sauce Tuscany Blend Peaches Sysco Shake Calories 703 Sodium 891mg	Pork with Apples Mashed Sweet Potatoes Green Beans Chocolate Pudding w/Topping Sysco Shake Calories 876 Sodium 639mg	Chicken w/Saute Vegetables Jasmine Coconut Rice Pineapple Sysco Shake Calories 778 Sodium 658mg	Holiday No Meals
22	23	24	25	26
Chicken Cacciatore Cavitappi Pasta Broccoli & Cauliflower Applesauce Sysco Shake Calories 757 Sodium 956mg	Potato Pollock w/lemon wedge Whipped Sweet Potatoes Peas & Mushrooms Gelatin w/Topping Sysco Shake Calories 912 Sodium 813mg	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Vanilla Pudding w/Topping Sysco Shake Calories 806 Sodium 654mg	Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Mixed Fruit Sysco Shake Calories 845 Sodium 604mg	White Bean and Spinach Stew Green Beans Peaches Sysco Shake Calories 677 Sodium 756mg
29	30			
Old Neighborhood Hot Dog Baked Beans Root Vegetables Peaches Sysco Shake High Sodium Meal Calories 888 Sodium 1254mg	Chicken Souvlaki Seasoned Orzo Spring summer blend Applesauce Sysco Shake Calories 911 Sodium 850mg			 TRIO Community Meals an elior company

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 altered and prepared to texture ordered.