


June 2026

Mystic Valley Elder Services

Trio Supper

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Salad 3 Bean Salad Root Vegetable Salad Wheat Bread (2) Chocolate Pudding Calories 765 Sodium 716	Egg Salad Ziti Broccoli Salad Mediterranean Salad Multigrain Bread (2) Pears Calories 719 Sodium 779	Roast Beef & Provolone English Pea Salad Squash, Zucchini, & Red Onion Wheat Bread (2) Fresh Fruit Mayo Calories 899 Sodium 772	Mediterranean Turkey Pasta Salad Riviera Salad Wheat Dinner Roll Tropical Fruit Calories 665 Sodium 944	Tuna Salad Greek Pasta Salad Tomato Zucchini Salad Multigrain Bread Oatmeal Raisin Cookie Calories 606 Sodium 983
8	9	10	11	12
Egg Salad Balsamic vinaigrette pasta salad Riviera salad Wheat Bread (2) Mixed Fruit Calories 786 Sodium 494	Chef Salad w/Tuna Italian Dressing Ziti Broccoli Salad Wheat Dinner Roll Pudding Calories 808 Sodium 1066	Turkey & Swiss Garden Shell Pasta Salad Root Vegetable Salad Wheat Bread (2) Applesauce Mayo Calories 964 Sodium 1031	California Chicken Salad Potato Salad Cucumber, feta, onion Salad Multigrain Bread (2) Lorna Doones Calories 793 Sodium 821	Roast Beef & Provolone Barley Raisin Salad Beet Salad Wheat Bread (2) Fresh Fruit Mayo Calories 946 Sodium 881
15	16	17	18	19
Tuna Salad Italian Pasta Salad Cauliflower Carrot Salad Wheat Bread (2) Chocolate Pudding w/Topping Calories 966 Sodium 920	Roast Beef & Provolone Orzo Vegetable Salad Coleslaw Multigrain Bread (2) Fresh Fruit Mayo Calories 816 Sodium 838	Chicken Romaine Salad Italian Dressing Broccoli Feta Orzo Salad Snack n' Loaf Pears Calories 677 Sodium 865	Turkey & Swiss Garden Shell Pasta Salad Greek Salad Wheat Bread (2) Applesauce Mayo Calories 1068 Sodium 1127	Holiday No Meals
22	23	24	25	26
Turkey & Swiss 3 bean salad Broccoli Slaw Multigrain bread (2) Chocolate Chip Cookie Mayo Calories 626 Sodium 1057	Southwest Chicken Salad Summer Potato Salad Zucchini Salad Wheat Bread (2) Vanilla Pudding w/Topping Calories 849 Sodium 935	Italian Tuna Salad Quinoa Tabbouleh Salad Squash Zucchini & Red Onion Salad Wheat Bread (2) Tropical Fruit Calories 823 Sodium 789	Roast Beef & Provolone Balsamic Vinaigrette Pasta Salad Cucumber Carrot Onion Salad Wheat Bread (2) Fresh Fruit Mayo Calories 766 Sodium 630	Vegetarian Chef Salad w /Italian Dressing Broccoli Feta Orzo Salad Wheat Dinner Roll Peaches Calories 644 Sodium 976
29	30			
Mediterranean Tortellini Salad Roman Blend Salad Wheat Dinner Roll Pineapple Calories 650 Sodium 990	Tuna Salad Tri-Color Pasta Salad Spinach w/ Mandarin Oranges Salad Wheat Bread (2) Fruited Gelatin w/ topping Calories 830 Sodium 716			

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.